

HIGH TIMES



JUNE 557

**THE
TREASURES
INSIDE
TRICHOMES**

+

**PLANET-
FRIENDLY
POT**

+

**USING
CANNABIS
FOR PHYSICAL
& SPIRITUAL
WELLNESS**

June 2022

USA \$6.99 / FOR \$6.99



HIGHTIMES.COM

VISIT...

LANZAROTE
Caliente.COM

IDENTITIES, PACKAGING, APPAREL, WEB, & MORE



Y2BG

YELLOW BRICK GROUP

About Us

Yellow Brick Group is a creative agency that works to effectively communicate the story of your brand, product, or project to your audience. Whether that story is told through product packaging, your website, logo suite, photography, or videography, our team strategizes to craft the most effective solution from conception to execution. Building strong foundations and developing systems for continued excellence is our bread and butter.

Find us at

www.ybgroup.us
or [@yellowbrickgroup](https://www.instagram.com/yellowbrickgroup)



STNR[®]

— CREATIONS —



HIGH@STNRCREATIONS.COM | @STNRCREATIONS

USE CODE "HIGH30" AT CHECK OUT.
WWW.STNRCREATIONS.COM



FÖHSE™

FUTURE OF HORTICULTURAL
SCIENCE + ENGINEERING

THE
POWER
& INTENSITY
THAT WE WANTED

A3i



INDOOR GROW

PPE*

2.8-3.0

PPF*

4,200

PRICE STARTING AT**

\$2,498.14

* Options up to.

© Copyright 2021 Fohse, Inc.

Subject to change without notice. Tolerance ±10%

**Large volume discounts available



WE WILL ALWAYS BEAT OUR
COMPETITORS' PRICING
CALL FOR DETAILS

NorCal Cannabis is shaping the industry in new ways, including building the most impactful cannabis ecosystem in the state of California. **Having experience with both LED and HPS lights, NorCal realized early on that many of the leading light companies lacked light intensity, spectrum, and uniformity.** The coverage just wasn't there, and the canopy became larfy and struggled to grow larger buds to keep up with growing product demand. This is where the Fohse technology team stepped in.

"FOHSE PENETRATES THE CANOPY BETTER THAN ANY OTHER LEDS WE'VE TRIED." - TYSON, CULTIVATOR, NORCAL CANNABIS CO.

The A3i's unprecedented power output and industry-leading coverage area, means it will always require less fixtures to produce similar (or better) light levels as an HPS or LED system of similar size. Depending on your goals you can opt to use less fixtures to produce the light levels you're accustomed to, or you can 'fill the grid' with A3i luminaries and join the growing movement of pioneers setting harvest records under high-intensity lighting environments.

Quickly **after implementing Fohse LEDs NorCal Cannabis became one of the most efficient indoor cultivation facilities** in the world.

WATCH THE VIDEO >>>



" I THINK FOHSE MAKES A LIGHT THAT'S REALLY POWERFUL BUT ALSO PLUG AND PLAY, WHILE HELPING ADVANCED GROWERS UTILIZE WHAT THEY NEED IN TERMS OF LIGHT SPECTRUM AND INTENSITY."

JIGAR PATEL **CO-FOUNDER/CO-CEO, NORCAL CANNABIS CO.**

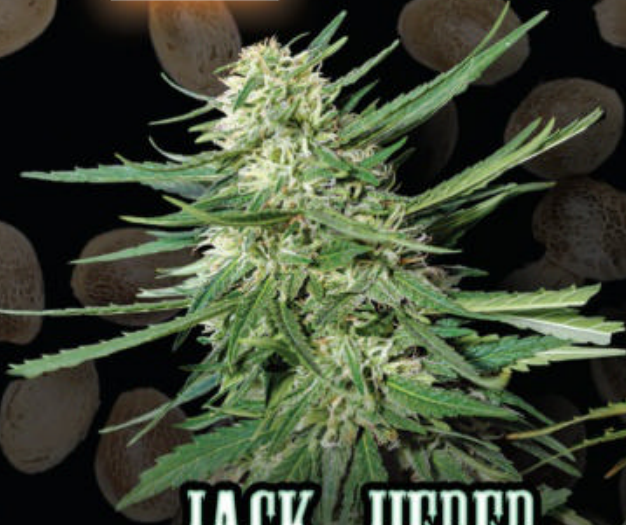


NOW OFFERING AUTOFLOWER SEEDS!

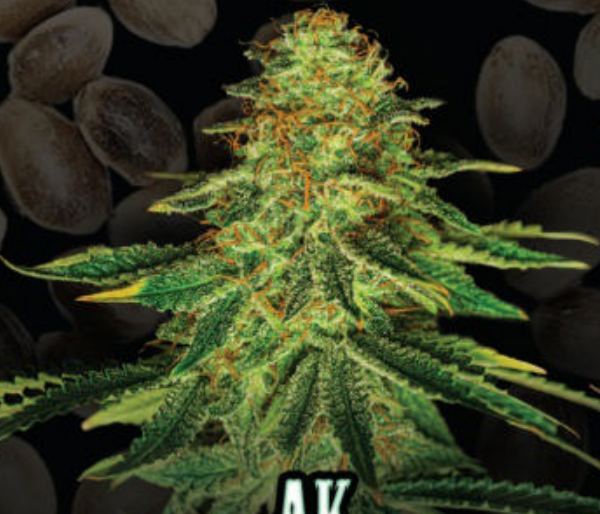
BC Bud Depot continues to develop and offer top shelf genetics for our customers. We are excited to offer auto-flowering seeds of some classic and new strains. Feminized auto-flower seeds allow you to get high quality product in a shorter time allowing for more frequent harvests throughout the year!



SHOP THESE STRAINS & MORE



**JACK HERER
AUTOFLOWER**

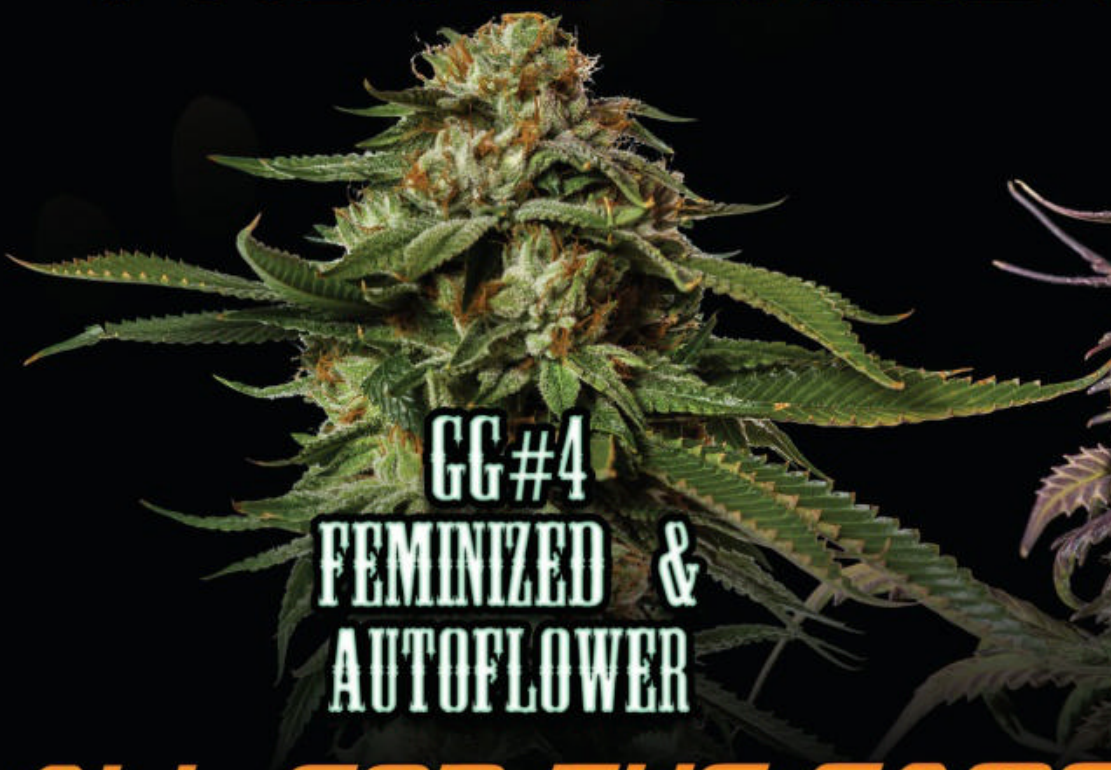


**AK
AUTOFLOWER**

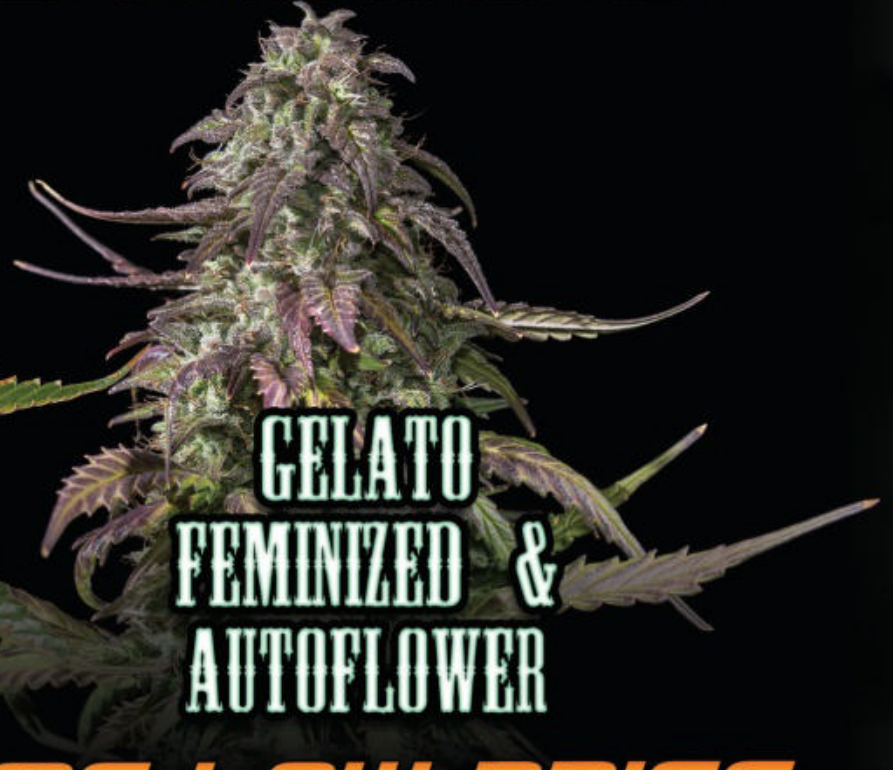


**COOKIE DOG
AUTOFLOWER**

**& NEW FEMINIZED
PHOTOPERIOD STRAINS**



**GG#4
FEMINIZED &
AUTOFLOWER**



**GELATO
FEMINIZED &
AUTOFLOWER**

ALL FOR THE SAME LOW PRICE

5 SEEDS 65\$ - 10 SEEDS 120\$ - 25 SEEDS 240\$

VISIT OUR SITE OR CALL US TO LEARN ABOUT NEW STRAINS.

BC Bud Depot

BC GOD BUD



THE PURPS



BLUEBERRY



GIRL SCOUT-COOKIES



NIGHT NURSE



CBD GOD



THE BLACK



GOD'S GIFT



THE BIG



NEW STRAIN!



SWEET GOD



TEXADA TIMEWARP



BC MANGO



SHIATSU KUSH



NEW STRAIN!



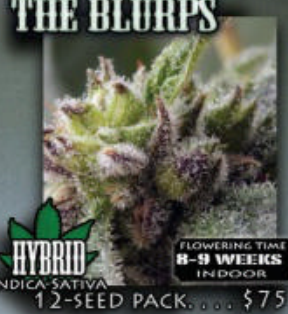
SWEET ISLAND SKUNK



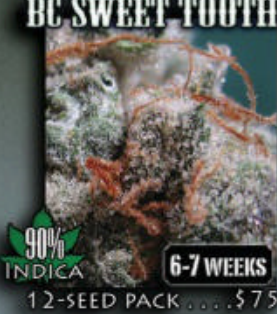
CHEM FIRE



THE BLURPS



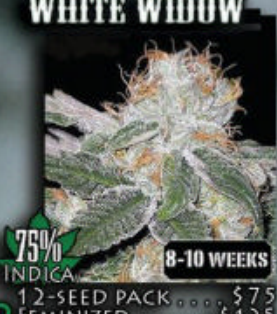
BC SWEET TOOTH



BC HASH PLANT



WHITE WIDOW



BC KUSH



ANIMAL COOKIES



STRAWBERRY COUGH



SOCAL MASTER KUSH



NORTHERN LIGHTS



BLUE DREAM



**1-888-40-BCBUD
(1-888-40-22283)**

**ORDER ONLINE, BY PHONE,
OR BY MAIL TO:**
19/554 LLC, Green Gardening
6311 Van Nuys, #154
Van Nuys, CA 91401
USA



WWW.BCBUDDEPOT.COM

CONTENTS

June 2022 // Volume #557

CENTERFOLD:
PHOTOS BY JUSTIN CANNABIS - PG. 67-70

ON THE COVER



PHOTO: CHRIS ROMAINE, KANDID KUSH
GLAZED APRICOT GELATO / PAPA JESUS FARMS

DEPARTMENTS

- 10 EDITOR'S NOTE
- 12 LETTERS
- 14 INTERNET
- 18 CANNABUSINESS
- 22 VETERAN CHRONICLES
- 26 THMQ
Trans-High Market Quotations
- 64 PIX OF THE CROP

28



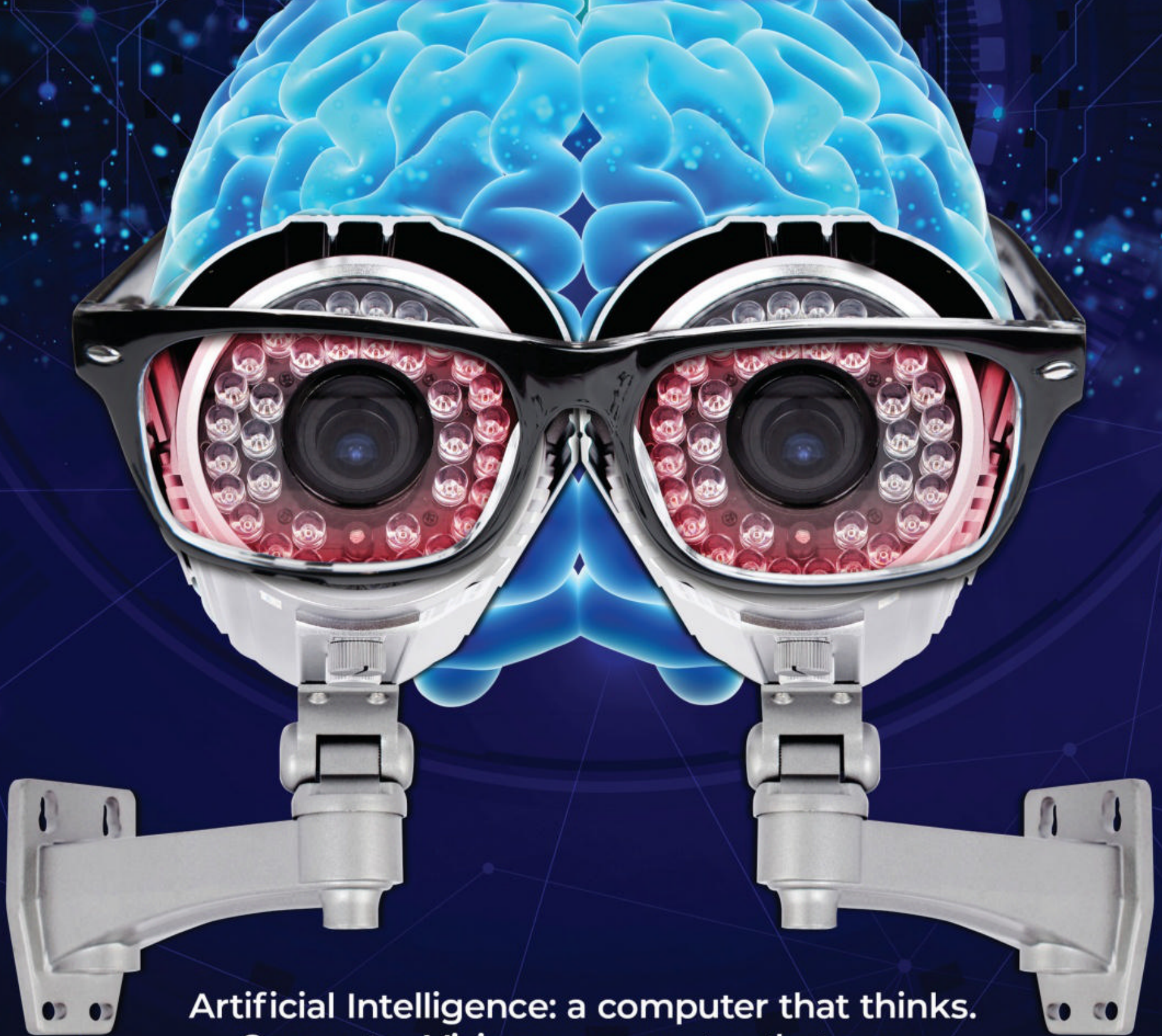
Untrimmed Planet-Friendly Pot
Farm Cut, along with the five small farms it represents, presents regeneratively grown cannabis that comes the way you might find it in a grower's head stash.

34



The Treasures Inside Trichomes
Trichomes are the source of medical and therapeutic benefits that cannabis is known for. In this deep dive, we delve into the power of trichomes and the importance of understanding our endocannabinoid system.

LOOK CLOSER



Artificial Intelligence: a computer that thinks.
Computer Vision: a computer that sees.

Cloudastructure
The Security Industry Leader in Computer Vision

BE WELL

AS I CRACK OPEN A JAR OF CANNABIS FIRST THING IN THE morning, the smell that greets me is my initial indicator that this botanical can boost my mood. Terpenes are the aromatic compounds that give cannabis its scent and taste. But, as it turns out, they also play a large role in marijuana's effects. As cannabis horticulture authority Ed Rosenthal explains, THC is the engine that drives the high, but the odor molecules determine which road we'll take. In my case, today's selection is a cultivar called Morning Cuddle from Briceland Forest Farm. It's a Cuddlebud x Koffee cross putting off aromas of grapefruit layered over a hint of dank gas. The bud is tight and dense in a shade of dark green with a threading of orange hairs, and while I can certainly see some crystals, it's not super sticky to the touch. Morning Cuddle tastes earthy and smokes smooth. The outdoor herb relaxes my body while allowing my mind to remain alert but decidedly calmer.

In this issue of *High Times*, we're exploring all of the ways cannabis contributes to wellness. And, as cliché as it may sound, health really does come from within. We all have an endocannabinoid system (ECS) that works to maintain balance in almost every aspect of our daily functioning. The ECS regulates things like sleep, mood, appetite, and memory.

The resinous trichome is the part of the cannabis plant that holds all the compounds, cannabinoids, terpenes, and a whole host of additional elements such as flavonoids and sulfurs. In my mind, I can still hear the voice of departed hash master Frenchy Cannoli say, "everything is written in the resin." Frenchy was absolutely correct. The whole history of a cannabis plant, how it's been grown and cared for, is present within the trichomes. Cannabis concentrates like hash are made up of collected trichomes and can only be as good as the flowers they originate from. Here, we're taking an up-close look at chemical elements inside the trichome and how those compounds work to balance our mood and calm our nervous system.

We're also examining physical health and how our ECS is stimulated internally through an endocannabinoid called anandamide. *High Times* staff writer Benjamin M. Adams spoke with author Josiah Hesse about the phenomenon known as "the runner's high" and got former pro-athletes Ricky Williams, Eben Britton, and Floyd Landis on the line to discuss how cannabis has helped them in terms of rest and recovery.

How the cannabis plant is grown also plays a factor in the planet's wellness. Staff writer Addison Herron-Wheeler spoke with a cultivator working in the Farm Cut cooperative to investigate the benefits of regenerative agriculture. The conversation includes insight on a unique aspect of the Farm Cut brand, untrimmed buds.

This diverse plant can be a valuable tool for attaining spiritual harmony. We attended a laser light show at the International Church of Cannabis in Denver, Colorado, to learn how marijuana can help us elevate. We also spoke with the farmers behind Swami Select about planting with spiritual intentions, including cultivating cannabis on their Mendocino County ranch in the shape of sacred geometry.

Finally, in these challenging times, we recognize that pot can bring a lot of joy and fun into our lives. Humor is an excellent tool for wellness, and we had a laugh with comedian Christina P as she tells the story of the first time she got high.

Cannabis has been an ally in my own wellness routines, and I've seen the genuine promises of this plant as medicine. I've given medicated blueberries to my husband's grandmother to provide comfort at the end of her days. I've also witnessed it offer some relief to my cousin Patrick as he faces the debilitating effects of ALS or amyotrophic lateral sclerosis. This issue is dedicated to them and all other people who are facing hardships and seeking solace at this time. Cannabis is a healing herb and I hope it brings you comfort. This plant is the exact balm we need to soothe our world-weary souls. 

—Ellen Holland
Editor in Chief



HIGH TIMES

Executive Chairman
Adam Levin

CEO
Paul Henderson

Vice President Of Content
Jon Cappetta

Editor In Chief
Ellen Holland

Associate Editor
Ashley Kern

Staff Writers
Benjamin M. Adams,
Addison Herron-Wheeler

Associate Publisher
Maxx Abramowitz

Creative Director
Steven Myrdahl

Art Director
Frank Max

Research Advisor
Dr. Mitch Earleywine

Director Of Competitions
Mark Kazinec

Client Implementation
Director
Anja Brankovic

Social Media Manager
Leo Rechetniak

Webmaster
Darren Liu

Chairman Emeritus
Michael Kennedy

Founding Publisher/Editor
Thomas King Forçade
(1945–1978)

Contributors
Mike Adams, Justin Cannabis, Pedro Corrêa, Paul Kirchner, Stephen Laddin, Sharon Letts, Molly McCann, Mark Miller, Nicole Potter, Chris Romaine, Patrick Seifert, JD Swinger, Heather Taffola, Chris Vicari, Steve Zmak

TRANS-HIGH CORPORATION

HIGH TIMES June 2022, No. 557 (ISSN #0362-630X), published monthly by Trans-High Corporation, 2110 Narcissus Ct Venice CA 90921 • HIGH TIMES and Trans-High Corporation do not recommend, approve or endorse the products and/or services offered by companies advertising in the magazine or website. Nor do HIGH TIMES and Trans-High Corporation evaluate the advertiser's claims in any way. You should use your own judgment and evaluate products and services carefully before deciding to purchase. • Offices at 119 West 24th Street, New York, NY 10011 • Periodical postage paid at New York, NY, and at additional mailing offices • Manuscripts must be accompanied by a self-addressed stamped envelope • All contributions will be carefully considered, but the publishers and editors assume no responsibility for loss or injury to unsolicited material • Copyright © 2013 by Trans-High Corporation. Nothing in this publication may be reproduced in any manner, either in whole or in part, without specific written permission of the publisher. All rights reserved. "HIGH TIMES," "CANNABIS CUP," "MEDICAL CANNABIS CUP," "MISS HIGH TIMES" and "BONGHITTERS" are trademarks and registered trademarks of Trans-High Corporation. All advertising and advertised products void where prohibited.



APRIL SHOWERS BRING MAY FLOWERS

SUPERIOR QUALITY OIL
AVAILABLE IN 20 DIFFERENT STRAINS

260 MaH BATTERY COMPATIBLE
WITH OTHER PROPRIETARY PODS

MICRO USB CHARGER

AVAILABLE IN A VARIETY OF COLORS



PREMIUM GLASS CARTRIDGE

HIGH TESTING CLASSIC STRAINS

650 MaH BATTERY CAPACITY WITH
TEMPERATURE CONTROL SETTINGS

AVAILABLE IN A VARIETY OF COLORS

[LEFTCOAST.CLUB](https://leftcoast.club)

[@LEFTCOASTEXTRACTSCA](https://www.instagram.com/leftcoastextractsca)

[LEFTCOASTEXTRACTS](https://www.facebook.com/leftcoastextracts)

BOTTOMS UP!

"If Jones Soda can get into the cannabiz, I would be down to also see non-cannabis companies like Starbucks or Twix bars or those tasty little dinosaur-shaped nuggets."

—Jeffrey, New Mexico

RESPONSE: One day, dude. One day it *will* happen! We're probably a way off from seeing legit infused products from those big companies you mentioned, but once federal legalization happens (and at this point it's not an "if," it's a "when") that will be the catalyst for infused foods and drinks. For now, Jones Soda's "Mary Jones" line is a fun spinoff company with a lot of potential and we're definitely looking forward to seeing how that goes. (Plus, have you tried a Jones Soda? That berry lemonade flavor is BOMB.)

THE GOOD OLD DAYS

"I miss the mystery of weed. Like, I'm all for education and safe consumption, don't get me wrong. But how can I make weed like, mysterious again without this information overload? It was always fun to try a new strain and not know its lineage, its THC content, its terpene profile, etc."

—Edward, Arizona

RESPONSE: That's a tough one. The legal industry is all about transparency and knowing exactly what you're getting when you imbibe. But don't fret—there are a few ways you can keep the element of wonder in your life that are both legal and awesome. There are many cannabis-themed subscription boxes available out there that present you with monthly offerings. Some are CBD-only, others contain THC products (which are

"IT'S SO HUMBLING TO SEE DAN HERER KEEPING IN THE FAMILY BIZ AND PRESERVING JACK HERER'S LEGACY. IT'S ONE OF MY FAVORITE STRAINS."

limited according to the legality of cannabis in your state) and some contain cool gear such as unique rolling papers and glass tools. You could also just make a deal with a friend or your significant other to buy something for them in exchange for them buying something for you. Surprise! It would be a win-win deal.

DID I MISS THE BOAT?

"I kind of missed the spring planting boat by a few months. If I plant weed this summer, will I be able to harvest in October?"

—Angela, California

RESPONSE: The quick answer is... maybe! If you already have all of the equipment and supplies ready to go, it's possible that you might be able to start now to get a harvest later in the year, if you act quickly. There are a lot of different factors that could prevent the success rate though, so proper research is necessary whether you're growing indoors or outdoors. You are more likely to succeed if you grow an autoflowering strain, which as the name suggests, flowers on its own and grows quickly. Some common autoflowering strains include classics such as White Widow and Amnesia Haze.

CANNABIS CONNOISSEUR

"Pick me as a Cannabis Cup judge, LOL. I have no qualifications, no ambition and I'm high all the time. Perfect scenario."

—Eileen, Colorado

RESPONSE: Good news! You *can* become a judge through our *High Times* Cannabis Cup People's Choice Edition. If you purchase a judge's kit at one of our dispensaries, you get a smorgasbord of cannabis products to explore. We offer our judge's kits in numerous cannabis markets too, so check out cannabiscup.com to see if there's an opportunity in your state!

THE HERER LEGACY

"It's so humbling to see Dan Herer keeping in the family biz and preserving Jack Herer's legacy. It's one of my favorite strains."

—Darcy, New York

RESPONSE: Everyone here at High Times HQ thinks that Jack Herer strain is legendary, and so was the man! In our exclusive interview with Dan Herer in our May issue, he described his unique, inside perspective watching his dad advocate for medical cannabis when Dan was young. We loved hearing about his thoughts on recreational cannabis and how things have changed since his dad was holding a microphone to a crowd, not to mention the real truth behind the classic Jack Herer strain, and the official Original Jack Herer product line, with the hope that it will inspire consumers to learn more about OG advocates like Jack. There's even a museum planned in Los Angeles to honor hemp history and his legacy. **HT**

Send your letters to Feedback c/o High Times 2110 Narcissus Ct. Venice, CA 90291 Email: hteditor@hightimes.com

DON'T LIP IT! JUST GRIP IT AND RIP IT!

THE POWERHITTER^{CO.}

"INSTANT SHOTGUNS
WITH CONTACTLESS DELIVERY
FOR A SEEMINGLY SAFER WAY TO SHARE"

MOST
Highly Anticipated
Product Release
of the
DECADE!



MOST
Highly Anticipated
Product Release
of the
DECADE!



Since the '70's, the PowerHitter has been the quickest and easiest way to extract the maximum potential from a joint. We paid homage to the classic design and updated it with modern materials to create this generation's ultimate smoking accessory.

GET YOURS NOW!

THEPOWERHITTER.COM/HIGHTIMES POWERHITTERCO



L.A. Cultivators, Jungle Boys, Raided Over Bogus Late Fees

TLC, home of the Jungle Boys, was raided by law enforcement over a \$66,000 bill, which the collective had already disputed, and had a hearing date set. The dispensary was raided by The California Department of Tax and Fee Administration (CDTFA) on March 1. TLC is famously the headquarters of the Jungle Boys, one of the premier examples of urban farmers bootstrapping their way to success in the modern cannabis industry.

Eventually, the TLC team would discover the raid was all caused by a fine discrepancy with the CDTFA from when their offices were closed during the pandemic and dispensaries couldn't pay taxes in cash. Despite the \$18 million the CDTFA received from the Jungle Boys last year, they decided to move forward with this action on a \$66,000 sum. Agents scooped up around \$174,000 plus the tip jar.



Read more at [HighTimes.com](https://www.hightimes.com)



Cannabis Industry Steps Up to Support Ukraine

As war continues to broil in Ukraine, cannabis businesses across the United States are doing their part to help those caught in the ravages of the conflict. Russia invaded its smaller neighbor Ukraine on Feb. 24 after massing on the border between the two nations for months, leading to a humanitarian crisis. In California, San Francisco's MediThrive dispensary raised funds to donate to the Sunflower of Peace, a Massachusetts-based nonprofit working to support Ukrainian people in the midst of the Russian invasion. In Detroit, cannabis dispensary and cultivation center Luxury Loud teamed up with Srodek's Quality Polish Food for a Pot and Pierogies fundraiser for Ukraine. These are just a few examples of cannabis businesses stepping up.

Read more at [HighTimes.com](https://www.hightimes.com)

On Instagram

We'd love to grab a sample nug of "Gank Original," bred with the parents TGA Agent Orange x Original Gorilla Glue, and see what all the hype is about. This is quite a lovely specimen, grown in Oklahoma. This purple-heavy shot was captured and grown by @zosocannabis, complete with plum hues and lavender accents. Purpling is caused by a compound in the plant called anthocyanins and can also occur due to low temps or a phosphorus deficiency. ZOSO Cannabis is a high lifestyle brand that breeds and crafts all natural medical cannabis in the Sooner State.



Tweet your best high observations and comments our way (@HIGH_TIMES_Mag) for a chance to be featured on this page! And be sure to follow us on Facebook: (Facebook.com/HighTimesMag) and Instagram: (@hightimesmagazine) for all the latest news as it's happening!

@jimmymasterkush

Thanks @HIGH_TIMES_Mag love them all, especially the most recent April 420 issue a lot of great weed porn I say and great reading material in it as well great cannabis knowledge that we all need to learn today now in hopes of world wide legalization soon.

@vixensfo @HIGH_TIMES_Mag

Sooo basically I still have to go to the weed man bc dispensaries are so costly.

@bry7076 @HIGH_TIMES_Mag

It should be legal EVERYWHERE! Look at SD and ND, it is still illegal overall.

@gaelicgurl_1975 @HIGH_TIMES_Mag

This is a lesson to [Brittney Griner] that freedom in the U.S. shouldn't be taken for granted.

@jimmymasterkush @HIGH_TIMES_Mag

This is such bullshit of America and the world over a gram of marijuana oil in a cart they act like [Brittney Griner] had 20 tons of marijuana on her. If I were a federal judge I drop the charges and just make her do community service.

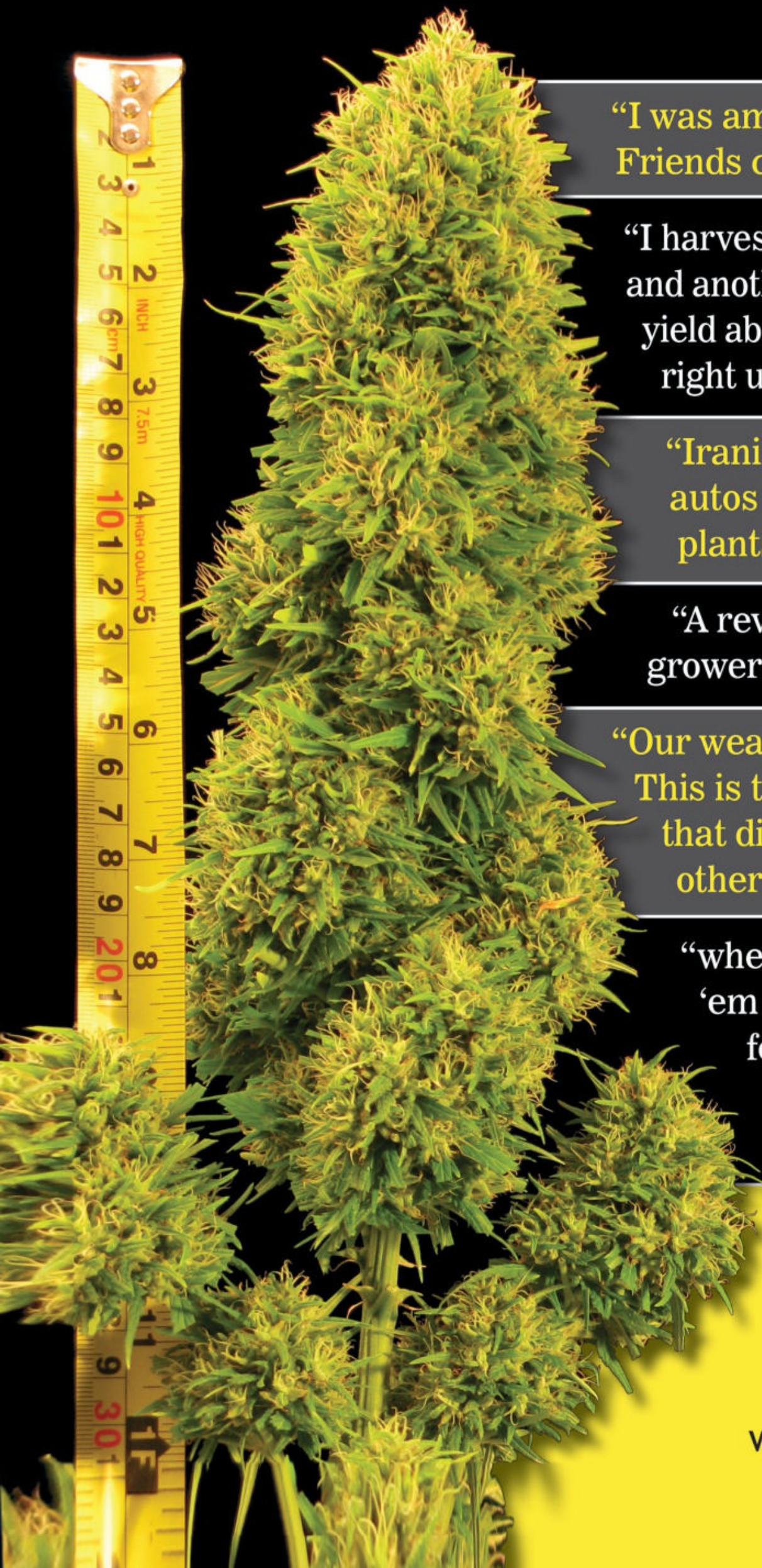
@SafeAccess @HIGH_TIMES_Mag

As for overall performance of CA's #cannabisindustry, ASA's annual "State of the States" review rated CA as a "C+." With high marks in "Consumer Protection and Product Safety" & "Program Functionality" & lower marks in "Affordability."

@ImTaylorFuckYou @HIGH_TIMES_Mag

For perspective an overwhelming majority of the "medical" pot I've bought from venders in OK has irritated my respiratory/ autoimmune disease simply bc nobody knows how to flush nutes properly dumb greedy money hungry capitalist scum shouldn't be in the industry.

iranian autoflower



"I was amazed at the yield and potency. Friends couldn't believe it was an auto."

"I harvested 30 pounds July 4th weekend and another 40 pounds in August. Average yield about 6 ounces each. Potency is right up there with my OG Kush."

"Iranian Autoflower made the other autos I "used" to grow, look like toy plants."

"A revolutionary plant for outdoor growers"

"Our weather in Ireland is God Awful. This is the first strain I was able to grow that didn't get ruined by mold. All the other autos I tried were a failure."

"when they say plant 'em and forget 'em that's what they mean. 100% females that finished on time and the potency is off the wall."

ORDERING / INFO DESK

1.613.330.2404

For a catalog including a \$10 off coupon send \$5 to;

"CELTIC CULTURES" Box 37007

Ottawa, ONTARIO, K1V 0H9 CANADA

www.drgreenthumb.com

INDUSTRY-LEADING SPECTRUM.
INDUSTRY-LEADING POWER.
INDUSTRY-LEADING DURABILITY.
INDUSTRY-LEADING EFFICIENCY.

INDUSTRY-LEADING VALUE.
60,000+ HOURS OF PERFORMANCE,
PRICED AT JUST \$729.
VOLUME DISCOUNTS AVAILABLE.



SK PHOENIX 680



	SPECTRUM KING PHOENIX 680W	COMPETITOR AVERAGE (580-700W)
PPF	1870	1718
\$/PPF	\$0.38	\$0.67
PPE	2.75	2.6
LONGEVITY	Q90	L90
WEIGHT (LBS.)	20	35.5
THERMAL MANAGEMENT	PROPRIETARY	STANDARD WHITE LABEL
DIMMING	TRUE SUNRISE/ SUNSET EFFECT	TOP DIM EFFECT = 30%
DIODES	TOP BIN CUSTOM SKU	LOWER BIN DIODES
WATER RESISTANCE	IP65	VARIOUS
DRIVER MOUNTING	REMOTE	FIXED



SPECTRUM KING®
LED

Pioneers of Full Spectrum LED Grow Light Technology

SPECTRUMKINGLED.COM

WARMING UP TO WEED

How **COVID-19** helped turn cannabis into a wellness choice.

BEGINNING WITH WIDESPREAD TELECOMMUTING OR SHUT-downs of nonessential services during the onset of the COVID-19 pandemic in the spring of 2020, major disruptions wracked nearly every business sector in the U.S. and internationally.

For the next two years, there were massive increases in the number of Americans working out at home, as gyms nationwide were forced to shut down due to social-distancing mandates. Likewise, many cannabis consumers changed their fitness routines during the pandemic.

In one survey by online fitness resource FitRated, nearly 42% reported using more cannabis while working out. Within six months, a University of Michigan study—featuring one of the longest-running longitudinal studies of young U.S. adults' drug use—found significant shifts in use patterns by Americans ages 19-30 for each cannabis and alcohol.

Past-month cannabis use among the group reached 26.8% in 2020, its highest rate in more than 30 years. The year also marked the lowest rates of past-month alcohol use among young adults: 64.7%, an unprecedented decrease of 3.5 points from the previous year. While some of 2020's steep decline in alcohol-use rates was almost certainly due to stark changes in social behavior due to the pandemic, alcohol use among young adults has been declining for decades.

Cannabis & Wellness: A New Consumer Paradigm, a report by New Frontier Data, details consumers' trending use of cannabis to replace alcohol, along with the plant's other health and wellness applications.

The expansion of legal access to cannabis products, the proliferation of high-quality product

“Growing social acceptance of cannabis, along with its increasing availability and variety within the infused beverage product category, will likely continue to drive replacement of alcohol among cannabis consumers.”

- Molly McCann

forms and formulations, and a rapid destigmatization regarding cannabis use at large have all factored into driving increases in cannabis consumption.

Meanwhile, some well-established science on the negative health effects of alcohol is leading more consumers to explore cannabis as a healthier, safer alternative. According to a New Frontier Data survey, more than four in five (81%) current cannabis consumers believe that cannabis is safer than alcohol, with younger generations (i.e., Gen X, Millennials, and Gen Z) being especially more likely to view cannabis as being safer than alcohol.

While 16% of cannabis consumers specifically named replacing alcohol as a reason for using cannabis, the number of consumers who replaced at least some alcohol with cannabis use (in any form) ranked three times higher yet.

Among cannabis consumers who also drank alcohol, nearly half (47%) replaced at least some of their alcohol use with cannabis. Replacing alcohol use with cannabis is higher among men than women, and is much higher among people under age 55 than among those 55 and older. >>



HOUSE OF DANK

EVERYONE'S FAVORITE HOUSE

8 LOCATIONS TO SERVE YOU

DELIVERY IN 5 EASY STEPS



Step 1:

Browse Our Inventory



Step 2:

Select Order Type



Step 3:

Upload Your Information



Step 4:

Place Your Order



Step 5:

Receive Your Order



SHOPHOD.COM 833.746.7463    @HOUSEOFDANK.MI

Growing social acceptance of cannabis, along with its increasing availability and variety within the infused beverage product category, will likely continue to drive replacement of alcohol among cannabis consumers. As cannabis becomes more available and socially acceptable in a broader range of situations where alcohol had previously been the only acceptable option, cannabis use will supplant some consumers' alcohol consumption. As legal access to cannabis-infused beverages expands, alcohol replacement may become more successful for consumers who previously considered smoking, vaping, or eating cannabis to be unsuitable for replacing the act of consuming an alcoholic drink.

The report also examines other behaviors associated with cannabis consumers' health and wellness, including fitness.

The longstanding, prohibition-era stereotype of an unhealthy, sedentary stoner is being increasingly challenged as more consumers become open about the ways they use cannabis.

In April 2021, a study in *Harm Reduction Journal* found through analysis of accelerometer data that frequent cannabis

consumers typically engage in more physical activity than do people who were not consumers. Professional sports leagues have been discontinuing their testing of players for cannabis use, noting its popularity among players seeking recovery and pain relief.

New Frontier Data found 8% of consumers citing improving exercise/fitness training as a specific reason for using cannabis, with an even larger share of consumers (13%) regularly using cannabis before exercising. Overall, 16% of consumers under age 45 reported incorporating cannabis into their workout routines.

While consumers under 45 reported being most likely to combine exercise and cannabis use, consumers across all ages found that cannabis improved their fitness practices, if for different reasons at different ages. Consumers under 35 were more likely than were older cohorts to report using cannabis in conjunction with a workout to enhance enjoyment. Boosting motivation was another common reason reported for using cannabis to exercise, particularly among those under age 54. After age

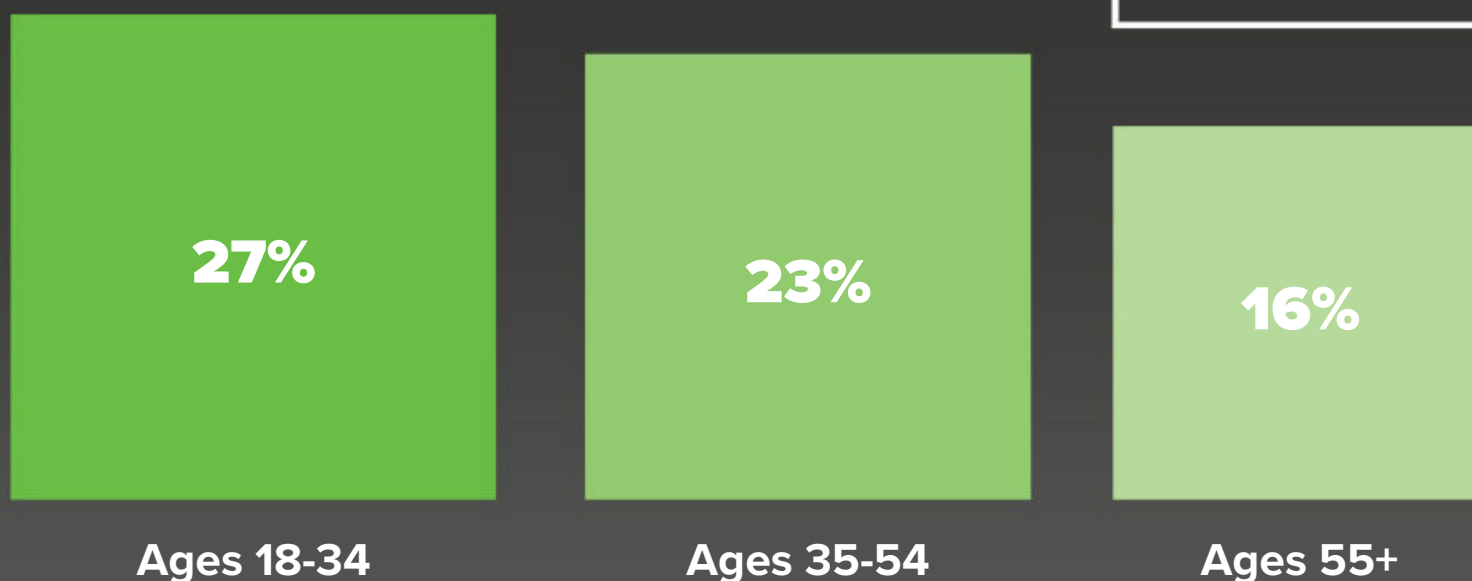
35, relaxation reportedly becomes a prominent fitness-specific reason for using cannabis, and among consumers 55 and older, cannabis use serves to reduce exercise-related soreness.

While fitness-related reasons for cannabis use do not differ significantly between genders, the types of those activities do. Among men, weightlifting ranked as the activity most commonly incorporating cannabis use; for women, it was either yoga or Pilates. Hiking and running were the next most cited cannabis-driven fitness activities for both genders.

Continued product diversification will present consumers with an ever broader array of ways to integrate cannabis into fitness and broader wellness practices. Regarding consumption to enhance physical activity, there is a wide range of different use cases which vary between individuals. Each of them presents some opportunity for specific effect-based or situationally driven products and brands. As cannabis continues to become more accepted and normalized, consumers will continue to find ever more ways to flexibility to adopt it for their wellness objectives. **HT**

Share of Consumers Who Use Cannabis to Increase Overall Wellness

By age



*Among current consumers

FEEL ^{THE} RUSH



HASHABLES
SOLVENTLESS HASH INFUSED BITES

Instagram icon @hashables_ma

SEEKING RELIEF

Heroic Hearts Project founder and army veteran **Jesse Gould** shares the healing aspects of ayahuasca therapy.

OFTEN WE TALK ABOUT THE HEALING remedies found in medical cannabis, but veterans are also finding relief in the psychedelic side of other alternative plant medicine. Jesse Gould is a three-time combat army ranger and the founder and president of the Heroic Hearts Project. Through the project he founded in 2017, Gould has been guiding veterans towards psychedelic therapies with ayahuasca.

Gould was deployed as an army ranger in Afghanistan on three different tours. His organization Heroic Hearts promotes the acceptance and use of ayahuasca therapy to address the current mental health crisis among veterans. With Heroic Hearts, Gould and his team have helped shape treatment programs and spread awareness of ayahuasca as therapy. An ayahuasca brew is made with various psychoactive plants, often

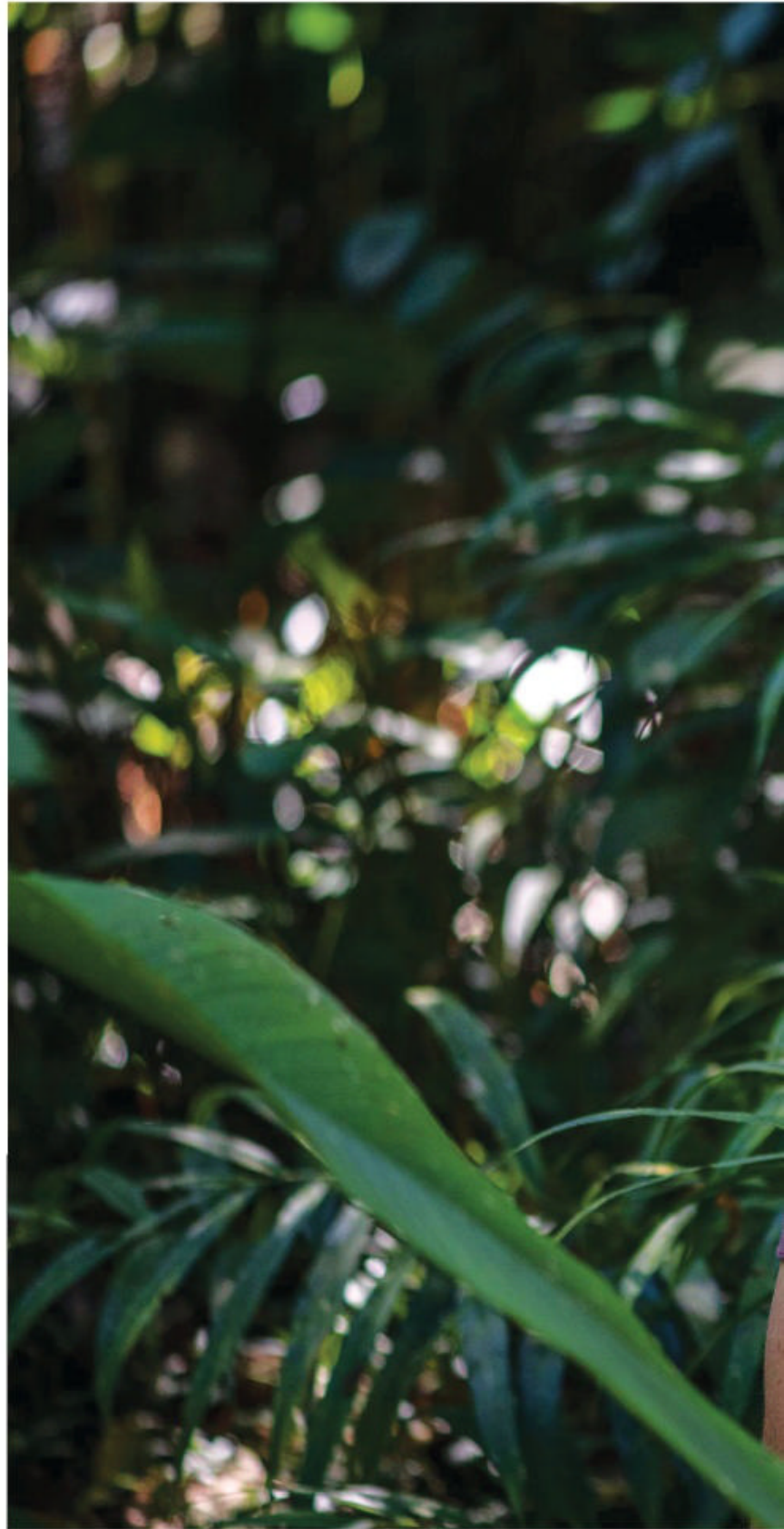
the *Banisteriopsis caapi* vine with the leaves of the *Psychotria viridis* shrub, and has been used in spiritual ceremonies in South America for thousands of years.

It's not an exaggeration to say that Gould frequently speaks on a topic he is passionate about.

Gould has spoken globally about psychedelics and mental health and plant medicine at the San Francisco Psychedelic Liberty Summit and has been a featured guest on numerous podcasts such as the *Psychedelics Today* podcast and *Kyle Kingsbury Podcast*. Gould is on a mission to help military veterans struggling with mental trauma and is best known for his own inspiring battle with PTSD and his recovery through ayahuasca therapy.

Some civilians believe that veterans stop serving their country when they exit the military, but

that's undoubtedly not true with Gould. He continues to serve other veteran brothers and sisters selflessly, never asking for anything in return. The easiest way I can explain what Gould has figured out is this; if a veteran is broken, whether it's anything from combat to sexual trauma, Gould and his team have found a way to offer assistance. Here's what he had to say about his organization, the programs he offers, and how veterans have found relief and healing through therapeutic ayahuasca.





HEROIC HEARTS
PROJECT FOUNDER
JESSE GOULD.

High Times: Do you use cannabis as part of your healing process for your PTSD or any maintenance of your healing?
Jesse Gould: I don't personally use cannabis, but I know many veterans who have found tremendous healing with the plant. Cannabis can be a powerful healer, but it can be easy to fall into a pattern of numbing ourselves and masking symptoms. The goal of this work is to establish a healthy and intention-based relationship with any of these plants.

Many veterans fear going into an ayahuasca ceremony because of what it might dredge up. What do you tell veterans with these very real, very reasonable fears?
It is impossible to process trauma if we keep

it hidden and compartmentalized. Although psychedelics can bring up some very challenging events, they uniquely present our traumas to us in a way that is always surmountable. But this is why it is important for veterans to only do this work with knowledgeable healers and facilitators. These are powerful experiences and should be done with intention and proper preparation. The experience can be challenging, but that is part of the reason it is so effective.

How many ayahuasca ceremonies does it take for a veteran to transition to a safe place in their own skin. Is it just like cannabis in the sense cannabis affects every human differently?

Similar to cannabis, ayahuasca affects everyone differently. To add even more layers, everyone has different trauma and processes that trauma uniquely. For some, a few ceremonies are enough to last a lifetime. For others, it may take more psychedelic work to process deeper trauma. The goal with psychedelics is to get out of the prescription mind frame and more into an understanding of what we truly need to be happy and healthy.

Can ayahuasca help veterans overcome addiction, just like it can help them treat their PTSD?

There are no guarantees or magic pills in this work, but many have been able to overcome addiction through their work with psychedelics. In the 1960s, there were studies that showed [that] psilocybin could help with alcoholism. Ibogaine has been very effective at breaking opioid addictions, and many have found relief from a variety of addictions through ayahuasca as well. Addictions can manifest for many reasons, so it is hard to point to any one thing that would be considered a cure-all, but psychedelics are very effective at healing underlying trauma which often is a major cause of substance abuse and addictions.

Ayahuasca, as well as psilocybin and cannabis, are all listed as a Schedule I substance in the U.S. as having no medical value. Do you believe you will see the end of ayahuasca prohibition in your lifetime?
Absolutely, the tides are shifting and I believe psychedelic medicine is here to stay. The scientific and anecdotal evidence is too strong for people to continue to ignore. We are in a new era of mental health. >>



How and where can veterans contact you to apply for this alternative medicine?

Any veterans who are interested can visit our website heroicheartsproject.org and fill out our program application.

How do you choose which veterans to take with you down to South America for this healing process?

At this time, we can only admit veterans who have either combat-related trauma or military sexual trauma. We also do a health assessment to make sure it is safe for each candidate. We want veterans who will put in the work before and after the retreat and come to the process fully open to the experience.

You have personally found peace within yourself by using ayahuasca. Do you have to go back for more ceremonies for personal maintenance?

The lessons and directions I got from my initial ayahuasca sessions will last me for years. If I have the calling to go back for further healing then I will. Having a responsible relationship with any substance is always the goal. Psychedelics are tools and only as effective as how you use them.

What is the difference between hallucinogens and psychedelics? Or are they one and the same?

The technical definition of psychedelics are a class of hallucinogenic drugs whose primary effect is to cause non-ordinary states of consciousness coming from the Greek words *psyché* (soul, mind) and *dēleín* (to manifest, or “mind manifesting.”) Commonly, the term psychedelic is often used as a catch-all term that can include hallucinogens, ketamine, MDMA, and sometimes even cannabis.

If you were to write a book about your personal journey from being a warrior of war to a warrior of healing. What would you call it?

War and Peace of Mind. 

 heroicheartsproject.org

“HAVING A RESPONSIBLE RELATIONSHIP WITH ANY SUBSTANCE IS ALWAYS THE GOAL. PSYCHEDELICS ARE TOOLS AND ONLY AS EFFECTIVE AS HOW YOU USE THEM.”

- JESSE GOULD

JESSE GOULD
PARTICIPATES IN
AN AYAHUASCA
THERAPY SESSION.



MARKET ANALYSIS

For the second straight month, THMQ history was made, as the Western market rose above the **\$300** mark, finishing at **\$303** per average ounce. Conversely, the South vacated its one-month stay at the sub-**\$300** level, rising to **\$312** an ounce. This inflation was offset somewhat by the East market dropping **\$16**, to **\$335** a typical zip. These extremes drove up the cost of an ounce of cannabis across America to **\$317**. Apple strains reigned supreme in June, reflected by Apple Fritter's domination of the Top 5.

TOP 5 STRAINS

1	Apple Fritter	5 @ \$344
2	Mimosa	3 @ \$239
3	Blue Dream	2 @ \$340
4	Cookies & Cream	2 @ \$244
5	Green Crack	2 @ \$134

WINNERS



↑ Innovative Industrial Properties	NYSE: IIPR	\$189.30 (+2.06)
↑ Abbvie Inc	NYSE: ABBV	\$149.17 (+0.33)
↑ Altria Group	NYSE: MO	\$51.23 (+0.23)
↑ Cronos Group Inc	NAS: CRON	\$3.25 (+0.07)
↑ Arena Pharmaceuticals Inc	NAS: ARNA	\$99.99 (+0.06)

LOSERS



↓ Canopy Growth Corp	NAS: CGC	\$6.40 (-0.27)
↓ Cara Therapeutics Inc	NAS: CARA	\$12.33 (-0.22)
↓ ETFMG Alternative Harvest ETF	NYSE: MJ	\$9.02 (-0.11)
↓ Aurora Cannabis	NAS: ACB	\$3.33 (-0.09)
↓ Tilray Brands Inc	NAS: TLRY	\$5.42 (-0.08)

HIGHEST 10 STATES

ILLINOIS	Blue Dream	\$520
ALASKA	Riddler	\$504
MAINE	MAC	\$484
WEST VIRGINIA	SSxKM	\$480
DELAWARE	Alien Jack	\$476
UTAH	Apple Fritter	\$464
OHIO	Grape Head	\$440
FLORIDA	Papaya Cake	\$424
GEORGIA	Apple Fritter	\$420
NORTH CAROLINA	Gelato	\$420

LOWEST 10 STATES

OKLAHOMA	Durban Poison	\$99
INDIANA	Mimosa	\$125
CONNECTICUT	Green Crack	\$127
WASHINGTON	Green Crack	\$140
FLORIDA	Terpenado	\$150
COLORADO	Blue Dream	\$160
WASHINGTON	Apple Fritter	\$160
NEW HAMPSHIRE	Oreoz	\$180
ALABAMA	Cookies & Cream	\$200
OREGON	Mimosa	\$210



CUSTOM HEMP HEADWEAR

- Lots of Styles To Choose From
- Joint Caddy 2.0 (Patent pending)
- Premium Hemp Textiles
- Low Minimums / Maximum Stoke
- Professional Account Management
- Inhouse design team



Joint Caddy 2.0®
(Patent pending)

Contact us today info@alpinehempcompany.com



UNTRIMMED PLANET- FRIENDLY POT

Farm Cut provides a model for cannabis farming and collaboration.

by Addison Herron-Wheeler

IN 2022, IN THE HEART OF LATE-STAGE capitalism, collaboration instead of competition in any space is rare and nearly a thing of the past. Farm Cut is aiming to change that. While other brands are vying for who has the best weed, the dankest ganja, the loudest buds, and calling everything else shwag, Farm Cut takes a different approach by working collaboratively to grow the very best.

Farm Cut is a group of five family farms found in the fertile, outdoor-grow-friendly regions of Northern California. It's made up of Briceland Forest Farm, Down Om Farms, Emerald Spirit Botanicals, HappyDay Farms, and Whitethorn Valley Farm. Each participating farm focuses on regenerative and organic

practices to cultivate cannabis with earth-friendly methods instead of farming in artificial conditions. The farms also offer local produce to their neighbors, which in turn, cultivates a relationship of care and support within their community.

What also makes Farm Cut stand out among its peers is that they don't trim. Yes, you read that right. The farmers don't remove the small sugar leaves that surround the buds.

Daniel Stein of Briceland Forest Farm explains the reasoning behind this bold move.

"We actually don't trim; our process is that we buck it down off the stem after it's fully dried," he said of the process of running your hand down the stems to remove the buds. "The cure happens after it gets bucked down, and then when we're ready to package, we take off any stems, bigger leaves, and just kind of brush it with gloves." >>



The result of this method is incredibly fragrant and flavorful outdoor herb with an extra layer of protection from the elements.

Cannabis is prone to degradation due to factors such as light and humidity, depending on how it's stored. Stein said Farm Cut's anti-trimming method helps preserve the plant's cannabinoids and terpenes longer than trimmed cannabis. Farm Cut presents the buds the same way the growers keep them in their head stashes, with the small protective leaves around the flower bud, the sugar leaves, still included.

"We are trying to do this in the way that farmers preserve and keep their weed," Stein said. "When you trim it—I guess the best thing I can relate it to is, when you go to the grocery store, you wouldn't buy a peeled banana or a peeled orange. It's just ridiculous. They come with a natural, protective coat, and similar, that little bit of sugar leaf that's on cannabis keeps it from hitting against other buds and moderates its moisture."

Stein suggests brushing the leaf material off before rolling a joint and then having the shake to throw into an edible. A win-win, all around.

Farm Cut only sells quarters and half-ounces instead of grams and eighths because more bud packaged together helps conserve the quality in terms of concerns such as moisture retention. To ensure that customers are still getting what they pay for, they overstuff the reusable jars with a bit of extra product to make up for the leaves that inevitably make it into the bag. This way, you're still getting a mass amount of ganja goodness, and there's plenty of product left when the leaves are removed. >>

"When you go to the grocery store, you wouldn't buy a peeled banana or a peeled orange. It's just ridiculous. They come with a natural, protective coat, and similar, that little bit of sugar leaf that's on cannabis keeps it from hitting against other buds and moderates its moisture."

- Daniel Stein

DANIEL STEIN OF BRICELAND FOREST FARM TENDS TO THE PLANTS.





Photo courtesy of Apothecarium



TRICARICO ARCHITECTURE+DESIGN

Offering our
Cannabis clients
services from
inception to
completion.

- License Applications
- Conditional Use Permits
- Concept Design
- Construction Documents
- Project Management



Photo courtesy of Apothecarium

The special attention to preserving the life of the flower by not trimming isn't the only thing that's a key point for Farm Cut. They also make up a tight-knit community of cannabis growers. Because they all vouch for each other's products, the collective of farms can increase their offerings to vendors by growing multiple strains at a time on different farms.

"This brand really came about from the friendship between farmers," Stein said. "We're all farms that share a lot of our ethos and how and why we grow. We've all either met each other as friends in life or through the cannabis industry, and we've all had these experiences of aligning with brands that don't really represent us. They may help us sell flower or whatever, but they don't represent the morals, ethos, and quality of what we want to bring into the world."

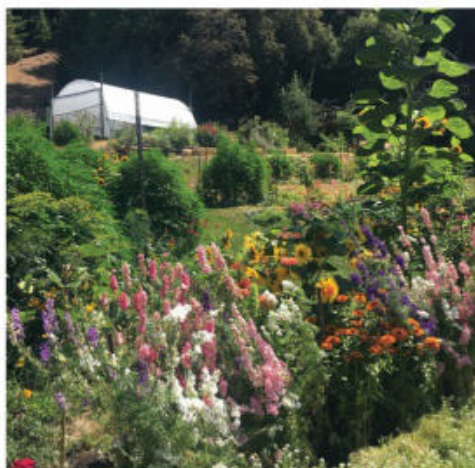
The farms that make up the Farm Cut community are all independently owned. Each is a homestead for plants, farm animals, and multi-generational families.



THE FACES
BEHIND
FARM CUT.

"Gathering this group of farmers that represent the same things is very special," Stein said. "We have vegetables, too. We're farmers, not growers. We don't come from the indoor growing industry. We come from a relationship with plants to the earth and feel a responsibility to take care of the earth and our community. And part of that with the food is learning to connect to the land we live on in a way that creates something higher-quality than what would be grown on an industrial farm." **HT**

 farmcutcannabis.com



Quality Kratom

at a discounted price!



Kratom is a leafy plant native to Southeast Asia, namely Indonesia, Thailand, Malaysia and Bali, that's actually part of the coffee family. The leaves can be chewed (what Thai workers do to work long hours in the heat) but for the typical end user, the leaves are most commonly crushed and processed to form a fine powder.

This powder can then be ingested on it's own, with juice or as a tea. Not smoked.



15% OFF

Use Promo Code:
KRATOMTIME



*Scan here
to shop!*



www.shopketum.com
info@shopketum.com
(424)327-4966

THE
TREASURES
INSIDE
TRICHOMES

THE FINE OUTGROWTHS ON
CANNABIS PLANTS CONTAIN THE
MAGIC OF MARIJUANA'S MEDICINE.



STORY BY MIKE ADAMS
PHOTOS COURTESY OF WONDERBRETT

BANANA OG

LEMON CITRINE

T

Trichomes are the unsung heroes of the cannabis plant. These frosty formations found glistening atop cannabis buds are, in every way imaginable, nature's real gift to the masses. Once upon a time, the flower covered with these sticky, translucent appendages was highly revered as the "good shit." The potency boost that gripped a smoker's lungs after a single hit was capable of putting even the most veteran cannabis connoisseur flat on their backside. Many caught up in the haze unexpectedly swore off Mexican brick weed forever, once they could finally stand on their own two feet and quit clutching their chest.

Back in the day, none of the heads and stoners, not even those spiritually moved by the first inception of craft weed, ever stopped to consider that the real abracadabra coming from a fat sack of pungent grass was in those crystals that everyone was marveling over. They knew it was stronger, sure, but didn't fully understand why.

Unfortunately, the good old days have come and gone and not much has changed since then. The average cannabis consumer still doesn't get how critical trichomes are to the cannabis experience. These gooey protuberances on cannabis flowers are responsible for the creation of cannabinoids and terpenes—the crucial components to the overall identity of a strain.

In the quest for health and wellness, these crystal beasts are the foundation of cannabis medicine. Trichomes are integral in giving the cannabis plant its personality, said Brett Feldman, grower, and co-founder of Wonderbrett.

"The thing that differentiates one plant from another are those terpenes and cannabinoids that give the different effects from strain to strain, which would be flavor and the medicinal effects when it hits your body," Feldman said. "These effects are all contained in trichomes, and that's the differentiating factor. That's why trichomes are so unique. They create the differentiating factor."

Trichomes contain compounds providing a plethora of therapeutic benefits, including relaxation, alertness, and stress relief. There's even some science suggesting that this glandular resin may be instrumental in helping people deal with various degrees of depression.

If there is one thing the average person who desires to achieve a sound body and mind should understand about using cannabis, it's that trichomes are the key that unlocks the various feel-good combinations of the plant.

"That's where all the magic is," Feldman said. "Their importance can't be undervalued or understated. They are the essence of what makes cannabis so special." >>>



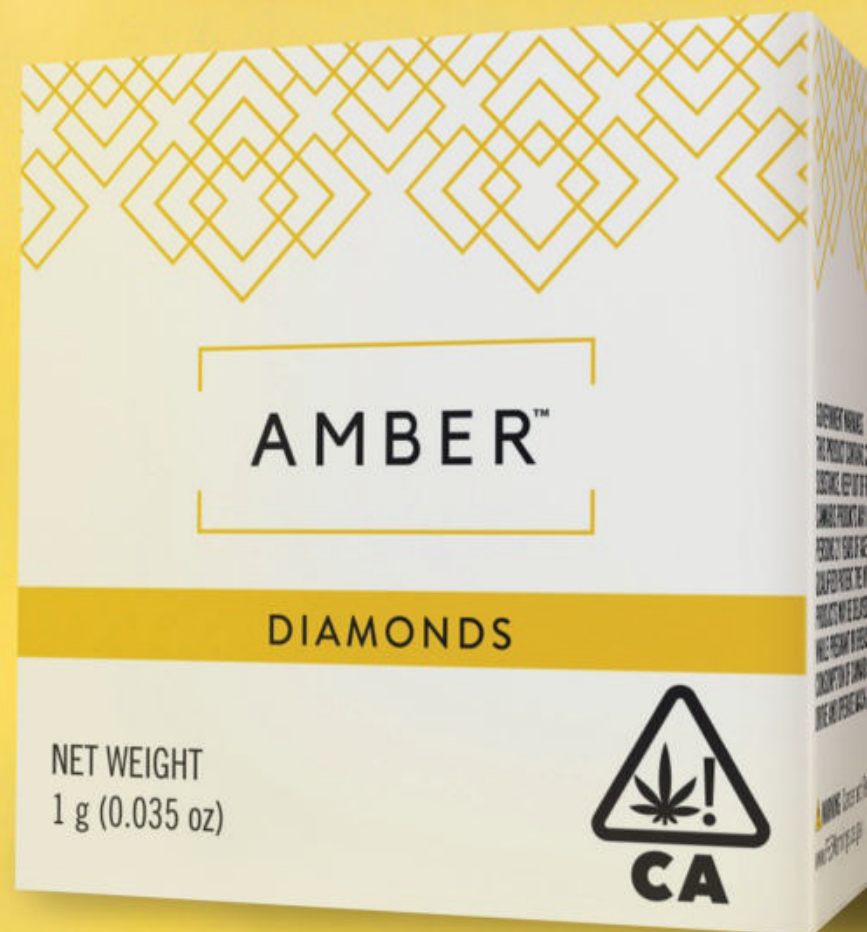


BLUEBERRY WONDER

AMBER™

CANNABIS THE WAY YOU LIKE IT

AMBER™ delivers clean, consistent potency to have
your high the way you like it. The rest is up to you.



LEARN MORE @



"[THC IS] A DIME A DOZEN; IT'S IN EVERY STRAIN. THE SPECIAL DIFFERENTIATORS ARE THOSE TERPENES THAT ARE PRIMARILY PRODUCED IN THE TRICHOME HEAD. ONCE YOU TAKE THE THC AND YOU SEPARATE IT OUT FROM THOSE TERPENES AND CANNABINOIDS IN THE TRICHOMES, YOU'VE BASICALLY TAKEN AWAY THE SPIRIT AND SOUL OF WHAT THAT WAS."

- BRETT FELDMAN



DEFENDING THE PLANT

U

Under a microscope, trichomes appear to be some alien life form sent here by the masters of the universe to protect our precious cannabis plant as it grows. In fact, although these little pistils are not extraterrestrial (at least not as far as we can tell), acting as plant

defense is precisely their charge. Long before trichomes provide any medicinal benefits, they shield the cannabis plant. Their bitter flavor and pungent odor ward off insects and animals, keeping them from gnawing crops into a yieldless state. They also defend against the elements, like dangerous UV rays, strong winds, frost, and even some fungal growths. Incidentally, cannabis cultivators also monitor trichomes to determine when plants have achieved optimal potency and are ripe for harvest. By all accounts, trichomes are the army of all highness. >>>

PINEAPPLE OG





 | BLACK TIE

BlackTieCBD.NET

SCAN TO SHOP

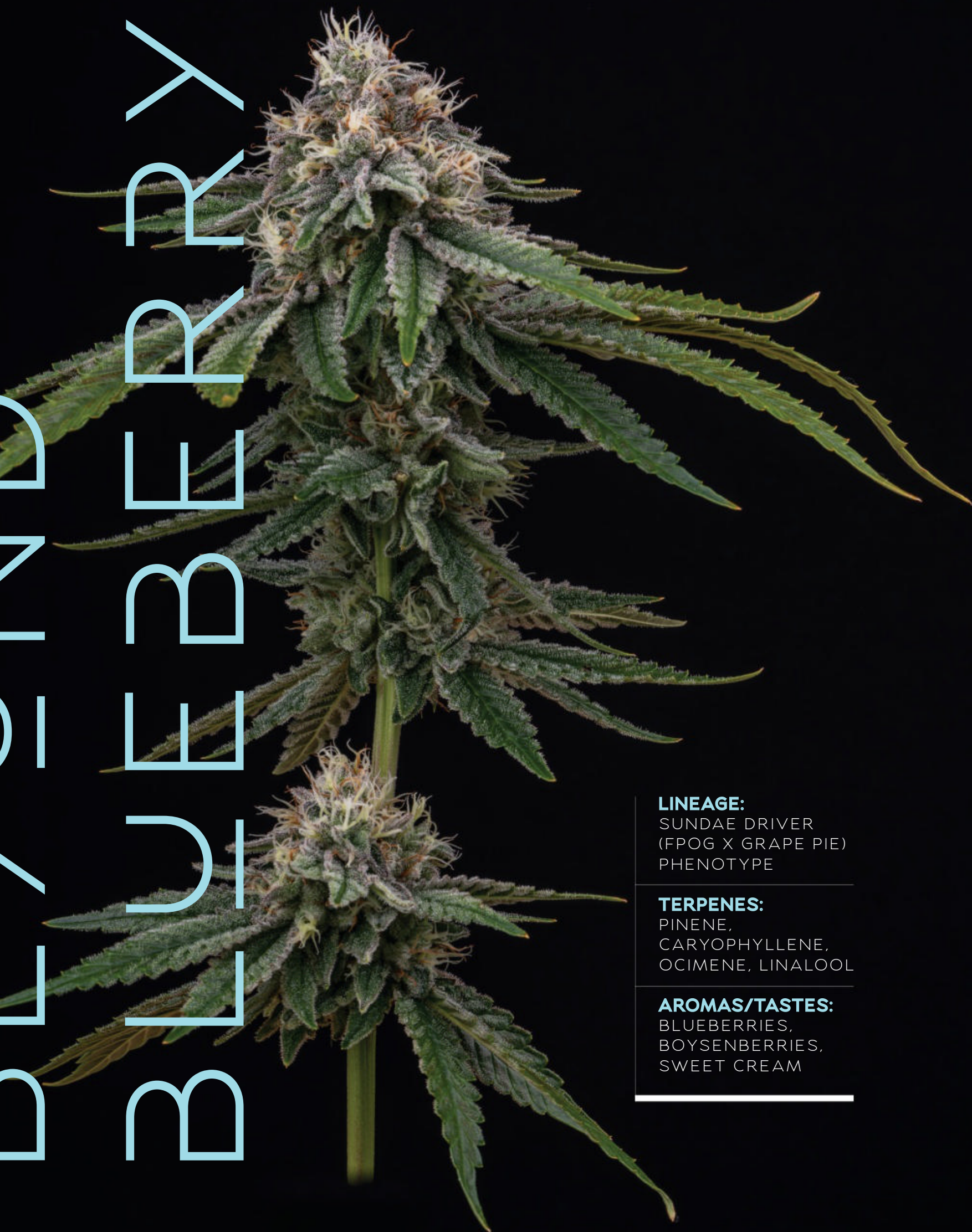


SCAN TO SHOP



The only Hemp company to place (2nd)
in a HIGH TIMES Cannabis Cup
using 50-State Legal industrial hemp vs actual cannabis.

BOYNDRI



LINEAGE:

SUNDAE DRIVER
(FPOG X GRAPE PIE)
PHENOTYPE

TERPENES:

PINENE,
CARYOPHYLLENE,
OCIMENE, LINALOOL

AROMAS/TASTES:

BLUEBERRIES,
BOYSENBERRIES,
SWEET CREAM



ORANGE SUNSET



THE PERFECT PRE-ROLL DOESN'T EXI—



SWIFT LIFTS — GELATO

Voted best pre-roll pack by the people of Nevada, the celebrated Swift Lift format — 0.5g joints, 5 per pack — offers a rotating variety of Verano's most coveted genetics.

VERANO™

TR/CHOME TYPES

T

There are three different trichomes on the cannabis plant. The bulbous trichome, the smallest of the bunch, can be found on the entire herb, but it is impossible to see with the naked eye. Capitate-sessile trichomes are next in line. These are visible only with a microscope, despite being somewhat larger than its bulbous brethren. The most prevalent of this trichome is one called capitate-stalked. Shaped like a

mushroom, this is the largest of the crystal formations, the ones typically referenced when one of your grower buddies sends a photo of their latest cannabis offering, boasting about how their homegrown is covered in that sticky icky.

The capitate-stalked version secretes the most essential oils and compounds from THC to CBD and thereby contains the most machismo. It cannot be fucked with! A study published in *Plant Journal* confirms the capitate-stalked trichomes are the richest source of THC- and CBD-forming metabolites and fragrance-giving terpenes.

Therefore, buying weed based on high THC content alone, a typical consumer practice in the recreational marijuana markets is a disservice to both patient and plant. Feldman, considered one of the elite growers on the Los Angeles weed scene, claims THC is meaningless without the other chemical components contained within the trichome.

"[THC is] a dime a dozen; it's in every strain," he said. "The special differentiators are those terpenes that are primarily produced in the trichome head. Once you take the THC and you separate it out from those terpenes and cannabinoids in the trichomes, you've basically taken away the spirit and soul of what that was." >>>

CAPITATE-STALKED TRICHOMES

BLUEBERRY WONDER

CAMPTM



KEEP OUT OF REACH OF CHILDREN. FOR USE ONLY BY ADULTS 21 YEARS OF AGE AND OLDER.

LINEAGE:

CANDYLAND X OZ KUSH

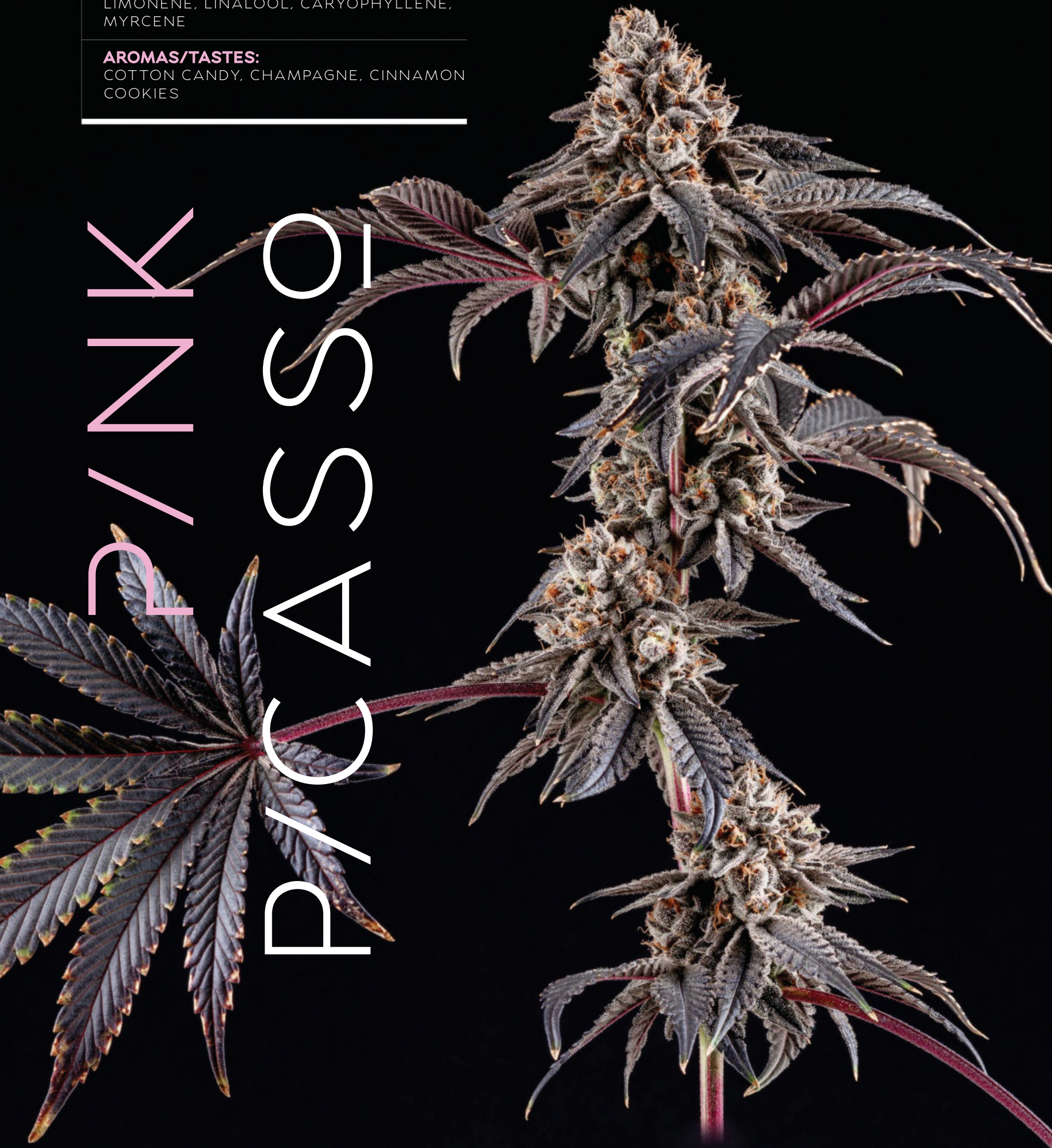
TERPENES:

LIMONENE, LINALOOL, CARYOPHYLLENE,
MYRCENE

AROMAS/TASTES:

COTTON CANDY, CHAMPAGNE, CINNAMON
COOKIES

PINK / CAS / COI





HOW WEED WORKS



When trichomes breed life into the various medicinal components of the cannabis plant—a limitless amalgamation of odor, flavor, and effect—it essentially assembles a ganja gang most commonly referred to as the entourage effect. Every component of the plant works in unison to provide the user with the desired result. It's what makes some weed energizing while others promote sleep. THC and CBD are not as strong without this buzzed-up band of marijuana misfits.

Despite all of the pleasant experiences trichomes create, the effects, too, are contingent on the condition of an individual's endocannabinoid system (ECS). The ECS is a multi-faceted control system consisting of endocannabinoids, receptors, and enzymes. It assists humans in managing pain, inflammation, sleep, appetite, muscle formation, immune function, and more. The ECS is also instrumental in controlling mood. So, if the pursuit of happiness is the mission—and who among us isn't on it?—it stands to reason that having a healthy ECS is an essential part of the journey.

And science tends to agree.

Last year, Spanish researchers found that depression, regardless of whether it was “genetic, neuroendocrine, immunological, or cytogenetic,” was dependent on the stable functioning of the ECS. Researchers continued by saying the ECS “is essential for the homeostatic maintenance of a number of physiological, cognitive, behavioral, and emotional processes,” adding further that when the ECS is out of whack, “cognitive deficits” emerge. Nobody understands the severity of cognitive deficits more than the millions of Americans affected by the COVID-19 pandemic over the past two years, when isolation, sickness, and loss became the dirge of the times. >>>

ORANGE SUNSET



CannaAid
NOW OFFERING:

Delta 9
THC-O
HHC



CannaAid

WE ARE TURNING THIS INDUSTRY UPSIDE DOWN



@cannaaidshop

[CANNAIDSHOP.COM](https://cannaaidshop.com)



LINEAGE:
ORANGE BANANA V1
X OZ KUSH

TERPENES:
LIMONENE,
PINENE, LINALOOL,
CARYOPHYLLENE

AROMAS/TASTES:
MANDARIN ORANGE
ZKITTLEZ, CREAMY
CITRUS SODA, LIME
CANDY, GASSY PINE





HIGHER TIMES

W

When the going got tough, humanity got high, according to a study published in the journal *Cannabis and Cannabinoid Research*. Researchers found that adult cannabis consumption increased globally during the first year of the pandemic. But why? Psychological stressors—it's the end of the world as we know it!—were among the strongest influences guiding people to stock up on pot and stay stoned.

Medical experts agree that cannabis may help people with depression in some instances—making a person happier at the moment—but that may or may not have anything to do with a breakdown of the ECS.

“The idea that one's ECS can get ‘out of whack’ is purely theoretical,” Dr. Jordan

Tishler, CEO of InhaleMD and instructor of medicine at Harvard Medical School, told *High Times*. “We have no data to suggest that this actually happens or causes disease.”

Sometimes referred to as Clinical Endocannabinoid Deficiency Syndrome or CEDS, Tishler says CEDS is similar to the serotonin theory of depression, which states that a diminished activity of serotonin pathways plays a role in causing depression.

“We infer from the way medications work that they might be an imbalance in that system,” Tishler said. “However, we cannot measure and prove it.”

Nevertheless, not having the means to gauge the chemicals in a person's brain to determine if they are a quart low here and there doesn't stop the white coats from prescribing millions of SSRIs every year. It's clear some depression sufferers would rather take their chances with medical marijuana.

Another study published last year

in the *Frontiers in Psychiatry* found a healthy ECS might be all that stands in the way of helping extremely sad people get past the pain. The research shows that the ECS manufactures a higher level of anandamide (neurotransmitter known as the bliss molecule that binds to cannabinoid receptors in the brain and body, providing a sense of happiness and mental wellbeing) in people marred by loneliness and bereavement. Researchers claim that those with these higher levels of anandamide were also quicker to recover. It appears that humans begin to crave cannabinoids when the course of life goes buck wild or gets unruly.

We know that endocannabinoids play an essential role in dealing with stress responses. Much like trichomes exist to protect the cannabis plant from predatorial invaders, like insects and harsh temperatures, the ECS is, by and large, the great defender of the human body and mind. It kicks into high gear in times of need, working to conquer all sorts of hostile infiltrations from emotional stress to sickness. It is often considered the war nerve of our physical and mental health. >>>

OZ KUSH



PUFF
quickies

five pack

PUFF
pre-rolls

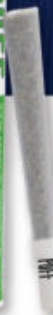
100% flower

PUFF
LOADED

infused flower

PUFF
Sauced
Up

live resin vapes



puffprerolls.com

@puffprerolls

scan to PUFF
some more!



C11-0001053-LIC

hybrid

indica

sativa

thc+cbd

PINEAPPLE OG

HARVEST SMARTER

WITH CENTURIONPRO DRY BATCH TRIMMERS



TRIM UP TO 216 LBS /HR

PRO SOLUTIONS FOR HOME GROWERS & COMMERCIAL FARMS

CHECK THEM OUT



**ENHANCE ANY
SIZE HARVEST**

The only caveat is the ECS can't fight for sanity alone, and it can't do it forever. The ECS can weaken over time and lead to depression-like symptoms. Some experts believe that cannabis can be used as a supplement to help care and feed a damaged ECS. But, Dr. Tishler, a longtime champion of cannabis medicine, urges caution with this notion. Although some research shows a connection between healthy, happy brains and cannabinoids, there is no unequivocal data, Tishler said, proving deficiencies of the ECS can be improved by medicating with the cannabis plant. Everyone has different cannabinoid receptors and endocannabinoid levels, so treatment isn't cut and dry. Cannabis may not have the power to swoop in and fill the void.

"It's not clear that cannabis use, or cannabinoid use can help with endocannabinoid issues," Tishler said.

That doesn't mean cannabis can't help those deprived of ECS function. It is effective for some folks.

"It certainly seems to benefit the sufferer by replacing or augmenting endocannabinoid activity," he added.

Treating depression with cannabis is a highly complex matter. As with any medicine, the dosage is important. So just puffing away night and day probably isn't going to do much to

alleviate depression. Too much loud could send the user in the opposite direction, exasperating their depression and perhaps even causing more problematic behaviors.

"Over-use, similarly, can suppress endocannabinoid activity and down regulate receptors which leads to tolerance, dependence, and addiction," Tishler said. "Only careful, low-dose cannabis use is medically safe and effective for this reason."

It is also essential for people with mood disorders to use the right strain, one that comes from a reputable grower that respects the plant to manufacture product lines with the most medicinal benefits. Remember, it is a narrow view these days to consider any pot purchase based solely on the THC content printed on the label. We now know that the combination of cannabinoids and trichomes are doing all the heavy lifting. We need the whole plant working together to properly tickle the ECS in a manner that is beneficial to our health. As a consumer, Feldman warns, that means being able to differentiate between quality cannabis and garbage.

"Some companies strip away everything except the THC, then add fake terps, to vape carts, for example, to increase the margins, but that's not a good smoking experience by any means," Feldman said. "We're not stripping down the magic. The full-spectrum experience of having all of those terpenes and cannabinoids present is vital to a great final product." 

BLUEBERRY WONDER

DON'T LIP IT! JUST GRIP IT AND RIP IT!

THE POWERHITTER^{CO.}

"INSTANT SHOTGUNS
WITH CONTACTLESS DELIVERY
FOR A SEEMINGLY SAFER WAY TO SHARE"

MOST
Highly Anticipated
Product Release
of the
DECADE!



MOST
Highly Anticipated
Product Release
of the
DECADE!



Since the '70's, the PowerHitter has been the quickest and easiest way to extract the maximum potential from a joint. We paid homage to the classic design and updated it with modern materials to create this generation's ultimate smoking accessory.

GET YOURS NOW!

THEPOWERHITTER.COM/HIGHTIMES @POWERHITTERCO

PINEAPPLE RZ OG

LINEAGE:

OG KUSH X SOUR
GRAPE

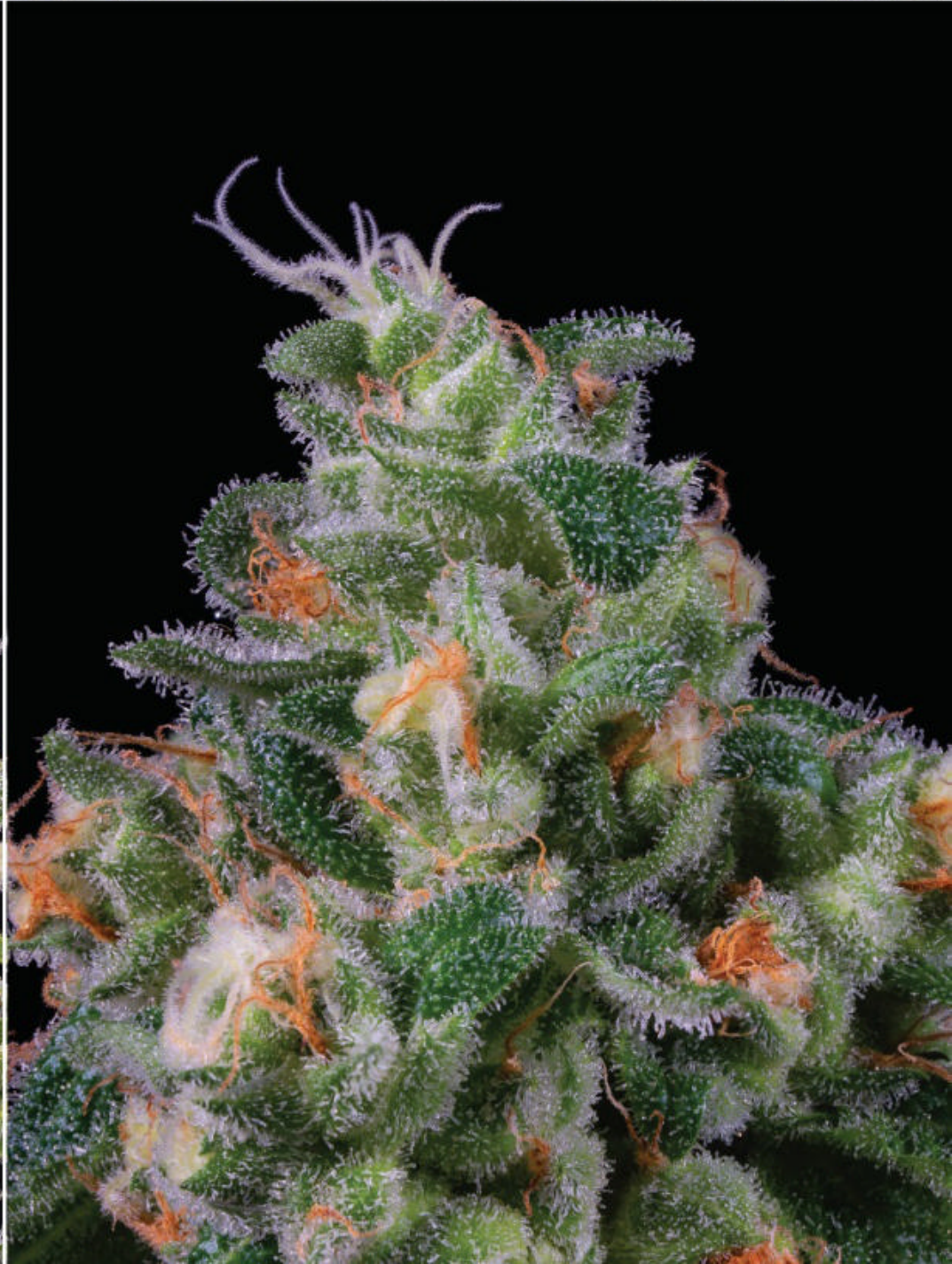
TERPENES:

LIMONENE, MYRCENE,
LINALOOL, HUMULENE

AROMAS/TASTES:

GASSY FUNK, LOUD
PINEAPPLE, GUAVA,
SOUR GRAPES



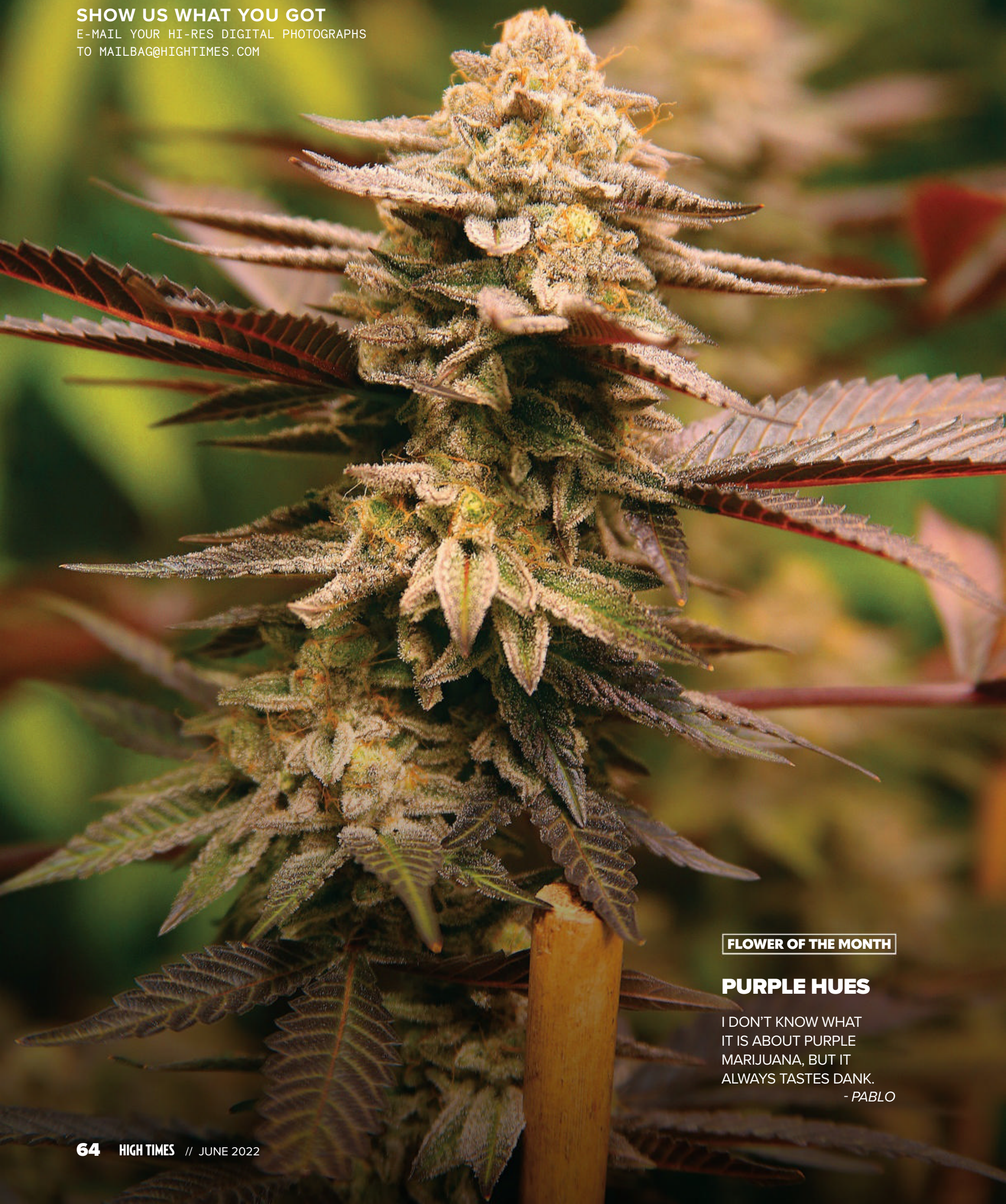




PIX OF THE CROP

SHOW US WHAT YOU GOT

E-MAIL YOUR HI-RES DIGITAL PHOTOGRAPHS
TO MAILBAG@HIGHTIMES.COM



FLOWER OF THE MONTH

PURPLE HUES

I DON'T KNOW WHAT
IT IS ABOUT PURPLE
MARIJUANA, BUT IT
ALWAYS TASTES DANK.

- PABLO

GELATO #3

selected and grown by
TERPSARMY FARM

breed by
SEEDJUNKY



Spannabis 2019
second place



TERPSARMYBRAND.COM

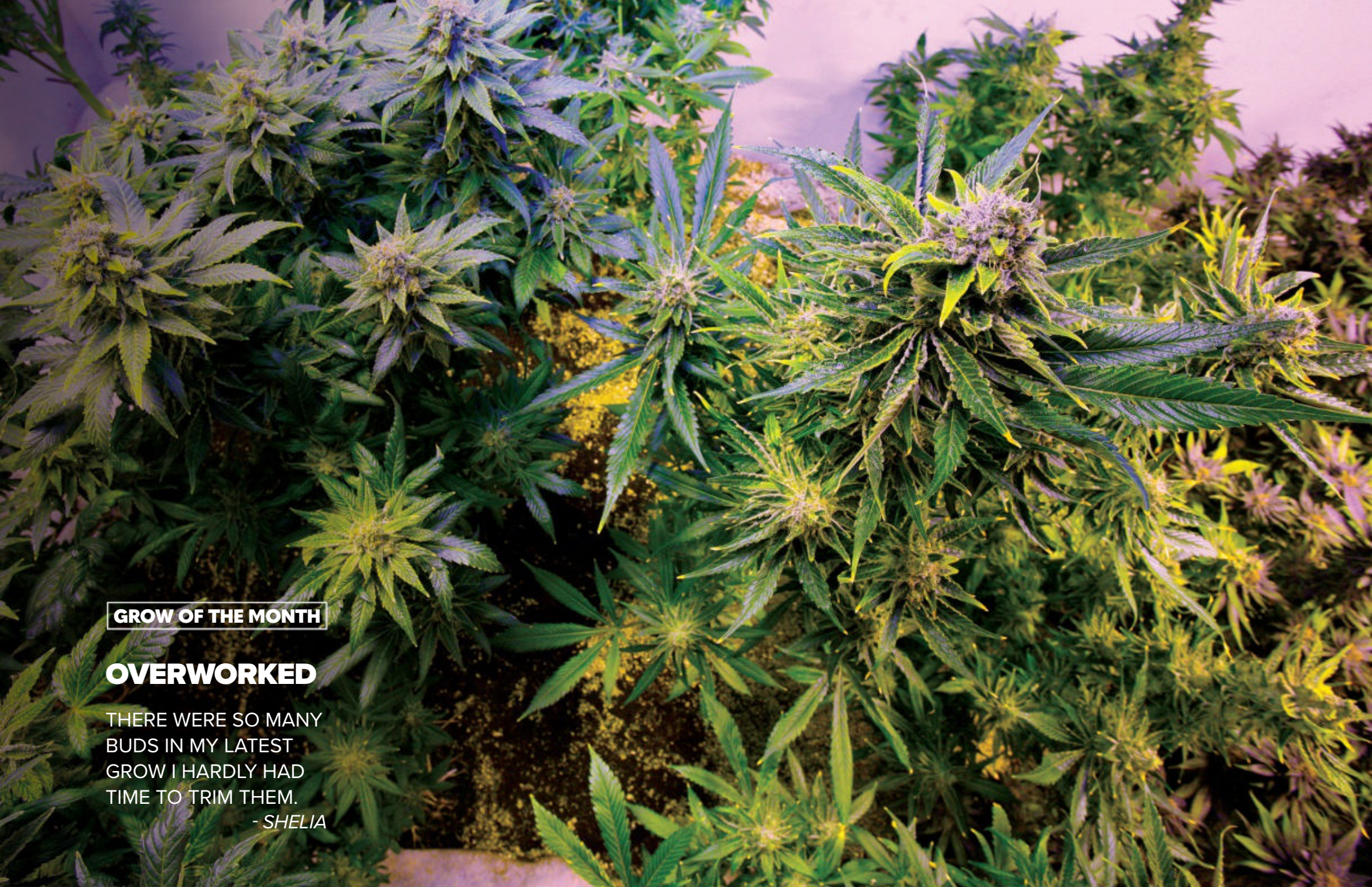


@terpsarmycoffeeshop
@terpsarmy



photo @terpshotz
design @davitghulinyan

A handwritten signature in the bottom right corner.



GROW OF THE MONTH

OVERWORKED

THERE WERE SO MANY BUDS IN MY LATEST GROW I HARDLY HAD TIME TO TRIM THEM.

- *SHELIA*

NUG OF THE MONTH

THE SPELL IS CAST

I WAVE THIS TOP COLA LIKE A WAND TO IMPRESS MY FRIENDS. WEED IS MAGIC!

- *HARRY*



COLA OF THE MONTH

SUPER STOKED

I WAS SUPER STOKED TO GET THIS FAT COLA OFF OF ONE OF THE PLANTS IN MY OUTDOOR CROP. I HOPE THIS SWEETIE TASTES AS GOOD AS SHE SMELLS.

- *DAVID*

KENYAN KOOL AID

ENVIROGANIC GARDENS



HIGHTIMES
POINT BREAK
EARTH RHYTHM





MEGA WELLNESS OG

NAMELESS GENETICS



ON THE BACK COVER



Happy and Healthy

Our annual *High Times* Wellness Issue explores a variety of topics, from former pro-athletes who treat pain for their physical injuries, the eye-opening process of cultivating cannabis with spiritual intent, and taking a break from the bleakness of the world to enjoy the amusing reflections of comedian Christina P. No matter how you seek out balance in your life, these concepts are bound to set you on the right path.

ILLUSTRATION: PEDRO CORRÊA

DEPARTMENTS

- 116 **HIGHWITNESS NEWS**
South Dakota Cannabis Bills and High Five
- 126 **GEAR**
- 128 **ASK DR. MITCH**
- 130 **DOPE RIDER**

HT



72

Fueled by Cannabis

Countless athletes have come forward to speak about how cannabis is a boon for those on the road to physical recovery. From biking, running, and football, *High Times* spoke with former pro-athletes who shared their personal experiences regarding how cannabis transformed their careers and lives.

82

Cannabis Consciousness

Swami Select co-founders Nikki Lastreto and Swami Chaitanya cultivate cannabis with spiritual intent. From setting their chosen cannabis seeds in front of the goddess of cannabis, Ganja Ma, to designing their garden in a sacred geometric pattern, this duo treats cannabis with respect, honors the land they grow on, and praises how the herb brings people together.

93

A Laser Light Show Awakening

The International Church of Cannabis in Denver, Colorado, is home to an immersive light experience called “BEYOND,” a colorful display that defines the principles of “Elevationism.” Church co-founder Steve Berke explains how cannabis plays into the church’s mission to promote self-discovery.

102

Christina P Knows the Secret to Dirty Humor

Comedian Christina P shares the intimate details of her comedy origin story, eating edibles in the third grade, her relationship with fellow comedian and husband Tom Segura, and their podcast *Your Mom’s House*.

110

Drink to Your Health

Cannabis beverage connoisseur Jamie Evans skips the alcohol with artful cannabis-infused drinks.



FUELED BY CANNABIS

POT-POWERED ATHLETES
ARE FOCUSING ON
REST AND RECOVERY.

by Benjamin M. Adams

ENDURANCE SPORTS FIGURES, former NFL stars, and athletes of all kinds are finding ways to incorporate THC and CBD into their active lifestyles. Despite strict doping rules that can impact the trajectory of an athlete's future, many former and current athletes stay active with the assistance of cannabinoids.

Natural processes in every human body, such as the runner's

high, mimic and overlap with the effects of cannabis. In terms of physical fitness, the science suggesting how cannabis can benefit recovery and mental health is overwhelming.

High Times reached out to some former professional athletes who are spreading awareness about the ways that cannabinoids can help aid in the recovery process after exercise and how these compounds can promote mental health when pharmaceuticals fail. >>



➤ **RICKY WILLIAMS**

FORMER NFL RUNNING-BACK-TURNED

-cannabis-advocate Ricky Williams is putting all of his energy into his cannabis-related business endeavors. Why? Because pointless cannabis restrictions in sports almost turned his career upside-down.

Williams won the coveted Heisman Trophy in 1998. He boasts 10,009 rushing yards, 68 rushing touchdowns, 2,606 receiving yards, and eight receiving touchdowns. But despite his accomplishments in the NFL, he was suspended five times during his 11 seasons with the league because of cannabis—and his celebrity notoriety as a toker didn't help.

Williams missed out on two NFL seasons in his prime because of drug tests. Cannabis is stored in body fat and can linger in the body for weeks if not months. He launched Highsman, a cannabis lifestyle brand created to empower professional and everyday athletes, in October 2021. The company's name is a play on the Heisman Trophy.

Most recently, Williams collaborated with the popular pre-roll company Jeeter to launch a new cannabis strain called "Sticky Ricky," but it's not the profits he's after. According to an announcement, 100% of the proceeds from this collaboration with Jeeter are going to Athletes for CARE (A4C) to support mental health initiatives. A4C is a nonprofit organization founded by former athletes including Williams, with a mission to assist fellow athletes with everything from mental to physical health.

Williams revealed some of the reasons he turns to cannabis to help in mental and physical recovery. Lately, he's been into yoga, meditation, and healing, augmented with cannabis.

"Yoga is a major part of my physical routine, and when practicing, cannabis allows me to be more aware of how

energy is moving in my body/mind system," Williams said. "For example, it helps me to feel where there is flow and where there is congestion or a lack of flow."

Like the "flow state" achieved by cross country runners and endurance sports figures, cannabis can provide a beneficial trance that brings balance.

"This connection allows me to focus my movement in ways that lead to efficiency and ease of movement, which has the added benefit of helping to prevent injuries," Williams said. >>

➤ highsman.com

"YOGA IS A MAJOR PART OF MY PHYSICAL ROUTINE AND, WHEN PRACTICING, CANNABIS ALLOWS ME TO BE MORE AWARE OF HOW ENERGY IS MOVING IN MY BODY/MIND SYSTEM. FOR EXAMPLE, IT HELPS ME TO FEEL WHERE THERE IS FLOW AND WHERE THERE IS CONGESTION OR A LACK OF FLOW."

↘ JOSIAH HESSE

JOSIAH HESSE, AUTHOR OF THE BOOK

Runner's High: How a Movement of Cannabis-Fueled Athletes Is Changing the Science of Sports, is among the top advocates of cannabis-propelled athleticism. Last September, Hesse spoke to ABC News correspondent Linsey Davis to discuss his book and explain how the runner's high is linked to high from cannabis—exposing the phenomenon to a much bigger audience.

“The two—neurologically speaking—are nearly identical,” Hesse told *High Times*. “What goes on in the brain, when we have the natural runner's high, as mentioned, is an endogenous cannabinoid. Most researchers point to anandamide, which comes from the Sanskrit word for bliss.”

Hesse explained that humans have engaged with the high associated with an endocannabinoid boost for millions of years. The body's production of endogenous, or internal cannabinoids like anandamide, reduce pain and increase things like joy and the appreciation of nature. We also get those effects from phytocannabinoids in cannabis. As explained in Hesse's book, neurologists have data to suggest that THC increases the production of anandamide, so it is believed to get you to the runner's high more quickly and efficiently.

“The percentage of people who *are* exercising—who knows what percentage of them enjoy it,” Hesse said. “Throughout the process of promoting this book effort, so many people talked about how much they hate exercise, but that they do it anyway. So it's an even smaller fraction who are doing it as a playful, enjoyable recreational activity. So what cannabis can do is induce that natural evolutionary reward system for enjoying exercise quicker and faster.”

Research indicates that you need to get over a certain hump to achieve the runner's high.

“It's typically running at around 70 percent heart rate for 20 to 30 minutes,” Hesse said. “Most people don't get there—they either go too fast or they go too slow and never get there. Either way, most people hate getting to that point.”

Hesse said a moderate dose of cannabis can be a way for people to achieve that euphoria faster and more efficiently. He



said that he personally never had any interest in sports, and very little interest in exercise—that is, until he started prepping with cannabis edibles.

In sports organizations like the NBA, cannabis use is everywhere. Former Chicago Bulls No. 2 pick Jay Williams told Jade Sciponi of FoxBusiness in 2016 that 75 to 80 percent of NBA players smoke cannabis.

“I found out that [cannabis use in sports] is so popular, yet so under-reported,” Hesse said. “I couldn't ignore it as a journalist.”

The World Anti-Doping Agency removed CBD from the list of banned substances in 2018 and raised the threshold of THC up to 120 nanograms, which allows athletes to utilize cannabis during training and then stop a week or two before competition. THC metabolites are typically out of the system by then, but the Mayo Clinic cites that they can be detected for as long as 46 days after consumption.

“I don't think it qualifies as a performance-enhancing drug in the way that we think we understand that term, which is in relation to competition,” Hesse said.

The purpose of strict doping rules is to abate the use of banned substances like steroids, which can make competitive situations unfair.

“That's not going to happen with cannabis. It's not going to make your muscles stronger. It's not going to make your blood more efficient,” Hesse said. >>

↘ josiahhesse.com

"[THE RUNNER'S HIGH] IS TYPICALLY [ACHIEVED BY] RUNNING AT AROUND 70 PERCENT HEART RATE FOR 20 TO 30 MINUTES. MOST PEOPLE DON'T GET THERE—THEY EITHER GO TOO FAST OR THEY GO TOO SLOW AND NEVER GET THERE. EITHER WAY, MOST PEOPLE HATE GETTING TO THAT POINT."



↘ FLOYD LANDIS

ROAD RACING CYCLIST AND FORMER

Tour de France champion Floyd Landis found relief with the help of CBD and other cannabinoids. Among his many decorations, Landis originally won general classification—the main prize—at the 2006 Tour de France, in spite of suffering from osteonecrosis, a disease caused by reduced blood flow to the joints. He powered through and rebounded in stage 17 against all odds. His hip was later replaced with a metal-on-metal hip joint.

Landis then became one of the first to come clean about the widespread doping controversy involving the top endurance road racing cyclists in the world over a decade ago, losing some titles. He was subsequently portrayed by Academy Award-nominated actor Jesse Plemons in the 2015 film *The Program*.

“Back in 2006, I had a hip replacement as a result of injuries I sustained in bicycle racing a few years before that,” Landis told *High Times*, acknowledging that the benefits of medical cannabis wasn’t always accepted like it is today, especially in the world of pro sports. “Back then, it was known within small groups but it wasn’t, you know, talked about and widely debated as it is now. And so I was prescribed some narcotics along the way for dealing with pain after the surgery.”

Landis explained that opioids work well for pain—initially. But some people turn to them to forget about their problems, which can lead to full-blown addiction.

“Next thing, you know, it’s a problem in and of itself,” Landis said. “I’ve dealt with that for a couple years. And I kind of discovered marijuana a few years later, as a means to [aid] for whatever reason.”

Throughout his career, Landis didn’t smoke weed, as it wasn’t part of the endurance cycling culture. He wouldn’t discover its medical benefits until later on.

“[Cannabis] also comes with other psychological benefits,” he said. “It helps with anxiety. It helps with the things that probably people are trying to treat

“[CANNABIS] HELPS WITH ANXIETY. IT HELPS WITH THE THINGS THAT PROBABLY PEOPLE ARE TRYING TO TREAT WITH NARCOTICS.”



with narcotics.”

Organizations such as the World Anti-Doping Agency (WADA) are slowly changing the tune on CBD, which is allowed, and expanding the limits for THC.

“Up until recently, at least, they haven’t considered testing for CBD metabolites and I don’t think they ever will,” Landis said of WADA. “They are focused on THC. And even that’s become deregulated quite a bit.”

Landis also acknowledged the similarities between the runner’s high and cannabis. The phenomenon describes the euphoria caused after a moderate exercise of 20 minutes or more. It is a natural mechanism in our bodies involving the endocannabinoid system, a cell signaling system which promotes balance when it comes to things like motivation and appetite. The experience of the runner’s high is the body feeling the rush of a cannabinoid produced internally as opposed to the cannabinoids produced in the cannabis plant.

“I think a lot of what your body naturally produces, through exercise, are very similar to some of these cannabinoids,” Landis said. “And so people often augment that with either marijuana or hemp products to kind of enhance the feeling that they get in, you know, at the end of a long run or that for hours afterwards.”

Landis explained that the endurance events he is used to are a bit more extreme, so the runner’s high is accompanied with the shock of a strenuous workout. Endurance athletes are constantly balancing their careers with the effects of exertion from long distances such as inflammation or pain and swelling in the tendons.

Throughout Landis’ career, he attracted a few familiar fans. Robin Williams was among the top followers of endurance cycling and Landis. He even gave Landis a nickname that stuck—“Mofo of the Mountain.”

“He was great,” Landis said. “He got into being a cycling fan, riding his bike a bit, just trying to stay healthy back in, during the time when Lance Armstrong [was riding]. And so he would come, you know, he would come to the Tour de France and join us on the bus after a given stage and tell jokes. And I always kind of envied him. He seemed like he was just naturally high all the time.”

Leadville, Colorado is home to some big endurance sports, such as the Leadville 100, running races, mountain bike races, and so on. In 2018, Landis launched his CBD company Floyd’s of Leadville and is currently debuting a product with CBN, CBG, THC, and CBD.

“We’re always constantly trying to refine which combinations of cannabinoids will do what,” he said. >>

 floydsofleadville.com



➤ EBEN BRITTON

ENTREPRENEUR, FOUNDER, ADVOCATE,

and former NFL star Eben Britton's book, *The Eben Flow*, is a compendium of experiences and insights exploring his transformation from pro sports to his recent focus on wellness. It's a fascinating read incorporating various tracts of health practices from all corners of the world and a testament to Britton's devotion to health and wellbeing.

Trauma and the NFL are synonymous, given the brutal nature of the sport. After six seasons of professional football, four years with the Jacksonville Jaguars followed by two with the Chicago Bears, Britton was "physically, mentally, and emotionally destroyed."

Fortunately, the alternative ways cannabis can help played a major part in his mental and physical recovery.

"My relationship with cannabis has evolved greatly over the last few years," Britton told *High Times*. "While it is still an integral part of my daily routine I use it in a much different capacity today compared to how I used it during my career."

Britton is also currently focused on practices involving yoga, as well as breathing and meditation. Ayurvedic medicine is also part of the new ways Britton is incorporating alternative therapies.

"In Ayurveda, cannabis is known as a 'trauma reducer' and it was exactly this during my NFL career," Britton said. "When I was taking on significant physical damage, as well as emotional and mental stress cannabis was my saving grace. Something I could come home to that would quell my rattled nervous system, decompress my mental and physical body, allowing me to rest and recover."

Britton admitted in 2016 that he consumed weed before three NFL games he played in. Finding alternatives to prescription drugs is a big part of the message he wants to convey in his book.

"Over the last five years, as I have healed many of the wounds that plagued me during my career, cannabis has taken on a much different role," Britton said. "I primarily use CBD for mental clarity

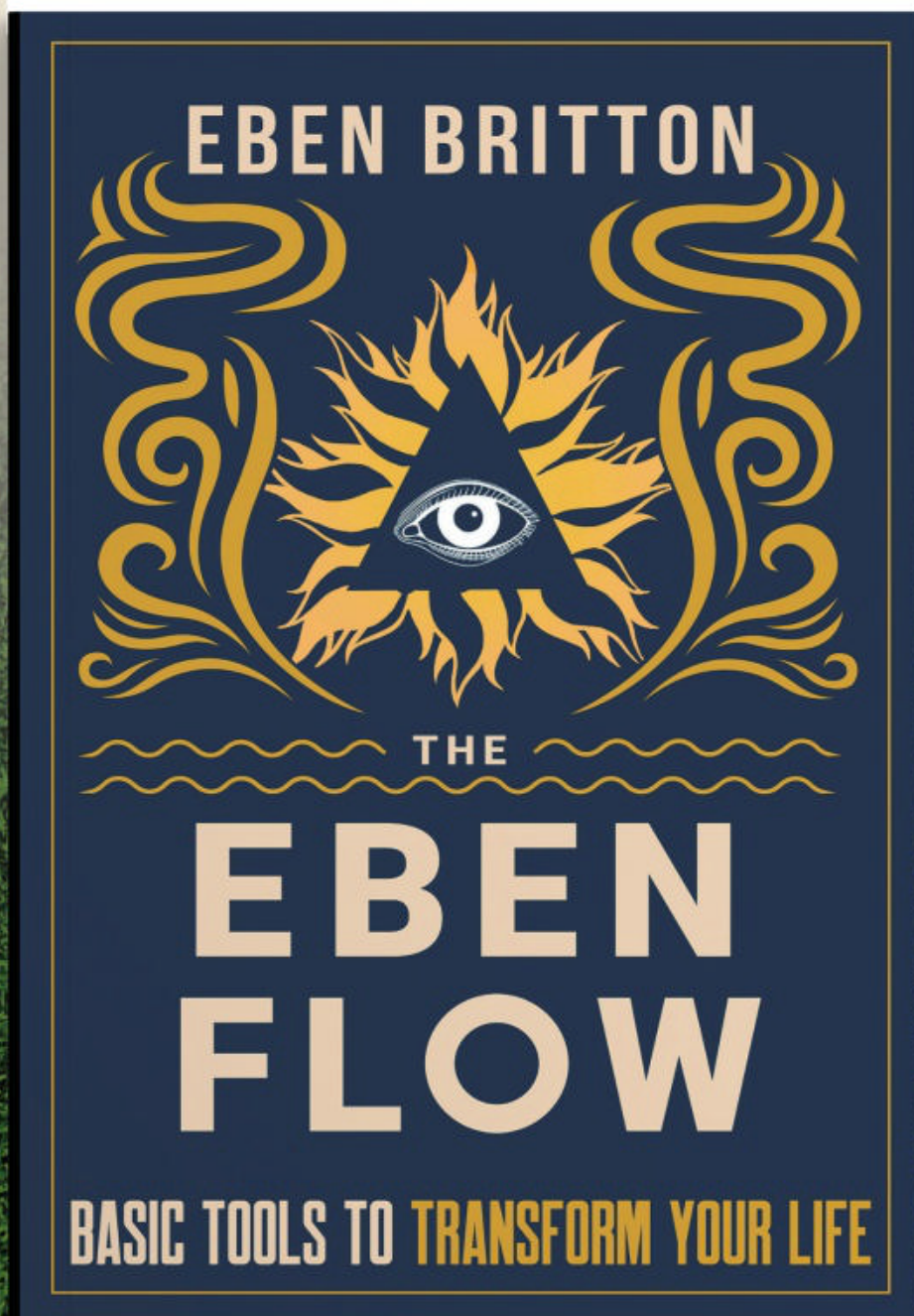
"MY RELATIONSHIP WITH CANNABIS HAS EVOLVED GREATLY OVER THE LAST FEW YEARS. WHILE IT IS STILL AN INTEGRAL PART OF MY DAILY ROUTINE I USE IT IN A MUCH DIFFERENT CAPACITY TODAY COMPARED TO HOW I USED IT DURING MY CAREER."

and inflammation, consuming much less THC than I ever have, saving my whole-plant cannabis consumption for after a sunset to prepare me for a restful night of sleep."

After retiring from professional sports, Britton co-hosted over 50 episodes of the *Hotboxin' with Mike Tyson* podcast before producing and hosting his own podcast, *The Eben Flow*. He also co-founded the community-based athlete advocacy association Athletes for CARE, and sits on the advisory board of Wake Network, a psilocybin research and development company. Last year, Britton joined the Revenant

MJ cannabis brand in California founded by NFL brethren Kyle Turley and Jim McMahon, as partner and spokesperson. **HT**

➤ ebenbritton.com







CANNABIS CONSCIOUSNESS

SWAMI SELECT
CULTIVATES CANNABIS
WITH A SPIRITUAL
INTENT.

by Nicole Potter

The co-founders of the cannabis brand Swami Select, Nikki Lastreto and Swami Chaitanya, have spent many years on a spiritual path that includes residing in India, frequently visiting temples, and conversing with holy men. When their journey brought them back to California, they created a sanctuary with a unique, spiritual approach to

growing cannabis. With Swami Select, they pride themselves in embracing regenerative farming and praise cannabis as a way to heighten the senses and connect with others, as well as the world around them. Lastreto and Chaitanya took time to chat with *High Times* about the events that led to the origin of their brand, their unique approach to cannabis cultivation, and how the herb brings people together. >>

A photograph of a cannabis plant growing in a field at night. The plant is illuminated by a light source, possibly a grow light, and is supported by a wooden trellis system. The background is a dark night sky filled with stars and the Milky Way galaxy, which is visible as a bright, yellowish-white band of light. The plant's leaves are green and serrated. The overall scene is a combination of nature and agriculture under a starry sky.

“THIS IS SUCH A PASSION FOR ALL OF US AND A LIFESTYLE. WE KNOW WE’RE REALLY HELPING OTHER PEOPLE BY DOING THIS. AND IT’S JUST CREATED, LIKE I KEEP SAYING, THIS AMAZING COMMUNITY.”

-NIKKI LASTRETO

THE MANY LIFETIMES OF NIKKI AND SWAMI



↑
SWAMI
SELECT'S
NIKKI
LASTRETO
AND SWAMI
CHAITANYA.

Lastreto and Chaitanya are world travelers whose spiritual experiences have shaped their cannabis venture. Lastreto describes herself as a flower child who grew up in San Francisco. She first met Chaitanya, a “27-year-old hippie artist,” when she was 14. They connected again later at a party in San Francisco and married in 1985. Lastreto worked for the *San Francisco Chronicle* for many years in the 1980s and Chaitanya was an artist and photographer. Together they traveled to various countries, including China and Thailand, and for a time, they lived in South India in a house overlooking the Arabian Sea.

Eventually, Lastreto, and Chaitanya would divorce. Citing a desire to embark on a new purpose and path, Lastreto moved back to the United States and embraced her love for hosting

parties and creating giant altars that featured statues from different religious traditions. At the time, she worked with Tim Blake, founder of the Emerald Cup, to develop and coordinate various events. During this time, Lastreto explains, “Swami became Swami,” while he remained in India and took a religious initiation at the Kumbh Mela, a major pilgrimage and festival in Hinduism, in 1998. Chaitanya lived in the Himalayas for a few years and continued to travel around the region to visit temples. During this time, he and Lastreto remained good friends and Lastreto would travel back to India to meet with him and visit one of their spiritual teachers. When Lastreto expressed a desire to build a temple to the Hindu goddess Sri Mookambika in the U.S., their spiritual teacher suggested Chaitanya should help, leading them on a journey to Mendocino County. >>

“WE REALLY SEE OURSELVES AS
THE STEWARDS OF THIS AMAZING
PIECE OF LAND. WE DON’T OWN
IT, JUST LIKE THE NATIVES DIDN’T
OWN IT, BUT IT’S OUR DUTY IN THIS
LIFETIME TO TAKE CARE OF IT.”

-NIKKI LASTRETO





HONORING THE LAND

The idea behind Swami Select's location came from a vision Chaitanya had at a Rainbow Gathering in the 1970s.

"I had a vision of a beautiful piece of property with a mountain in the distance and some trees in the middle and an open field and some trees behind me, and the message that I would spend the end of my life there," he said.

Thirty years later, he and Lastreto purchased a property in Mendocino County that resembled Chaitanya's vision. When they bought the land, they decided to get married again—this time, intending to save money in taxes. In 2017, with the arrival of the 50th anniversary of



1967's Summer of Love in San Francisco, Lastreto and Chaitanya married for a third time in a more private, spiritual celebration on their land.

A SACRED SPACE

In the beginning, the homestead had no electricity or running water—it was just an old two-room cabin. It has taken many years to develop the property into the thriving, spiritual landscape that it is today. In addition to cannabis, the farm features a thoughtful layout and many religious statues. For example, upon entering their property, there's a sizable 1,500-pound stone statue of Ganesha, the elephant-headed Hindu god, to greet visitors.

Even before Lastreto and Chaitanya chose to grow cannabis, they wanted to ensure that they treated the property with respect.

"We've tried to [develop] in a really conscious way that, you know, honors the land because we really see ourselves as the stewards of this amazing piece of land," Lastreto said. "We don't own it, just like the natives didn't own it, but it's our duty in this lifetime to take care of it."

This mindset has led to embracing regenerative agriculture on their farm to maintain harmony with nature. Regenerative agriculture describes farming practices that reduce the effects of climate change by using techniques that revitalize the soil and the environment. Swami Select believes the regenerative approach to cannabis cultivation produces some of the best quality flower.

"Folks, if you want to smoke something that is going to feed your body, feed your mind, feed your spirit, [regeneratively grown cannabis] is where you want to go," Lastreto said. "I know that sounds like a marketing kind of ploy, but it's true. It's coming from my heart." >>

JOURNEY INTO SPACE

FIRST PLACE INDICA FLOWER
CANNABIS CUP OKLAHOMA 2021



Gas GiantTM
CANNABIS CO.

FOLLOW US TO THE NEAREST NEBULA



[GASGIANT.US](https://gasgiant.us)

GROWING WITH SPIRITUAL INTENTION

With Swami Select, Lastreto takes care of the business side of things, while Chaitanya focuses on growing and farming. Together, they frequently visit dispensaries in the San Francisco Bay Area that carry their product to train budtenders and meet customers face-to-face.

Their approach to how their cannabis is grown is unique. The garden at Swami Select is designed in the shape of a sacred geometry pattern called Sri Yantra. The idea is that having the garden created in this shape supercharges the cannabis plants that grow within it. The grow also incorporates other rituals.

“When we decide what seeds we’re gonna grow each year, we have a statue of the goddess Ganja Ma, who’s the goddess of cannabis, who was revealed to us from our spiritual teachers,” Chaitanya said. “In her lap, we put these seeds, and then we say a special mantra for the seed.”

Beyond conjuring the goodwill of Ganja Ma, Chaitanya also adds a few drops of water from India’s sacred Ganges River to each seedling.

“The seeds sit in front of the goddess of cannabis for about a month before we plant them,” Chaitanya said. “That charges

them up in a very special way. After they’ve cracked and start to sprout, we put them in a little plant container with some soil and then we put another drop of the sacred Ganges water on them. All of this is to create a spiritual basis for the healing and inspiration that the cannabis plant provides for the people who use it, or celebrate its use.”

They have a few statues of Ganja Ma on the property. One in the house (where the seeds sit), another that is placed outdoors during the growing season, and an additional statue that they take with them when visiting various dispensaries for in-store demonstrations.

“We always set her up and explain to people who she is. So you know, this is really infusing the cannabis with this consciousness,” Lastreto said.

Swami Select believes cannabis can help consumers tap into their spirituality.

“[With cannabis], it’s not just your heart that’s open, it’s your mind that’s open,” Chaitanya said. “One of the things that cannabis does is it takes away a lot of your filters, which block out so much of sensory input... All of your different sense organs are heightened and more refined. So that’s why when you smoke cannabis, your food tastes better, you listen to music better, and your creative talents are more liberated and free.

“Cannabis takes away so much of the restriction and limitation and blinders that society puts upon you. When you open up to that, then all of a sudden, you get not just the five senses, but your sixth sense starts to get opened up and your intuition and those sensory feelings about what the magic in the world is and how you relate to it and how energy flows.” >>





“CANNABIS TAKES AWAY SO MUCH OF THE RESTRICTION AND LIMITATION AND BLINDERS THAT SOCIETY PUTS UPON YOU. WHEN YOU OPEN UP TO THAT, THEN ALL OF A SUDDEN, YOU GET NOT JUST THE FIVE SENSES, BUT YOUR SIXTH SENSE STARTS TO GET OPENED UP.”

-SWAMI CHAITANYA



THE SENSE OF COMMUNITY

While Lastreto and Chaitanya have been developing their homestead, they've also spent years founding local organizations such as the Mendocino Cannabis Industry Association and connecting with other growers in the industry. Chaitanya is a founder and board member of the Origins Council, a statewide organization for cannabis cultivators that aims to preserve historic cannabis regions in California. Lastreto is working on bringing back cannabis farmer's markets to the area. Together they contribute to the tight-knit community working to preserve the growing history and dedication to craft cannabis in the Emerald Triangle, the cannabis growing hotspot of Humboldt, Trinity, and Mendocino counties.

"This is such a passion for all of us and a lifestyle," Lastreto said. "We know we're really helping other people by doing this. And it's just created, like I keep saying, this amazing community."

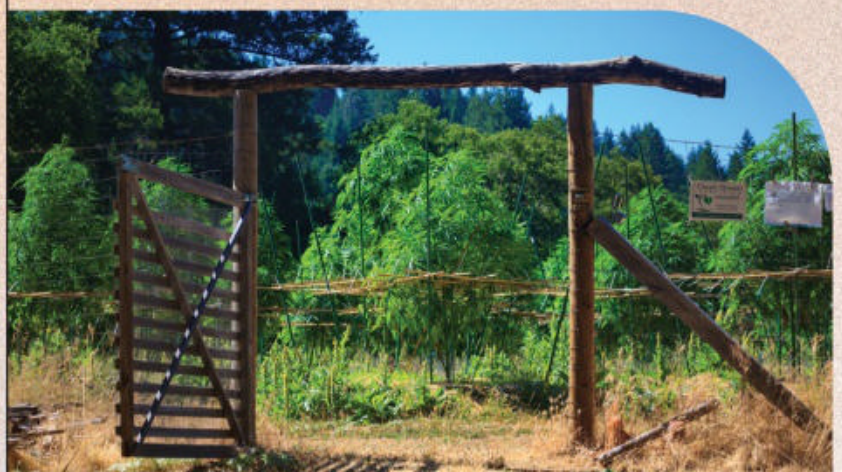
Lastreto and Chaitanya have been judges at the Emerald Cup for 18 years (you might have seen them at the recent Emerald Cup awards celebration at the Green Street Festival in Los Angeles in May). Their work with the Emerald Cup has also

been the source of a community-driven passion for cannabis.

"When we come together at the Emerald Cup, there's this great celebration and respect for everyone's differences," Chaitanya said. "That's one of the great things about cannabis. You appreciate and honor the differences between people because we also honor the differences between the different cultivars of cannabis and the different ways of smoking and the different ways you can use it for tinctures and salves. And it's all about this diversity. And there's no one way to do it. No one way, no one group."

Marijuana is an incredibly diverse plant that can assist people in many ways. Swami Select believes cannabis can be a powerful tool for cultivating wellness. **HT**

 swamiselect.com



AFTERNOON

DELITE



7-TIME CANNABIS
CUP WINNING BRAND



UNLEASH
YOUR INNER
VACATION

Founded in the suburbs of Detroit and inspired by the California ocean vibe, Afternoon Delite brings an elevated cannabis experience home to Michigan.

Ask for us at your local Michigan dispensary.

@afternoon_delite | afternoondelite.com



GRINDING OUT OF THIS WORLD

PREPARE TO TAKE OFF WITH THE REVOLUTIONARY 'POCKET-GRINDER'



EMBRACE THE HEIGHT OF INNOVATION AND JOIN US AS WE TRANSFORM THE FUTURE OF CANNABIS PRODUCTS.

TRI-INNOVATIONS 'RE-INVENT THE TRADITION'. THE FUTURE HAS ARRIVED! MEET THE 'POCKET-GRINDER' - WORLD'S SMALLEST MOST ADVANCED ELECTRONIC GRINDER. THIS ROCKET SHAPE GRINDER IS A TRUE DEFINITION OF INNOVATION THAT FITS IN YOUR POCKET. FROM FLOWER TO A PRE-ROLL IN LESS THAN 15 SECONDS! GRIND AND DISPENSE WITH A PUSH OF BUTTON, ANYWHERE ANYTIME!. 'POCKET-GRINDER' FEATURES A POWERFUL MOTOR THAT IS READY FOR STICKIEST SITUATION.

WORLD'S 1ST MAGNETIC BLADES TECHNOLOGY - CHANGE YOUR BLADES TO CONTROL YOUR GRINDS TEXTURE. WORLD'S 1ST BUILT IN UV LIGHTS FOR HERBAL SANITATION. DISPENSING MAGNETIC LID DESIGNED FOR PRE-ROLLS DIAMETER, ACRYLIC BULLET CONTAINER DESIGNED FOR THE ULTIMATE HERBAL STORAGE (SMELL-PROOF), CHILD-PROOF PROTECTION, TYPE-C RAPID CHARGING AND MUCH MORE. DIMENSIONS: HEIGHT: 3.7"IN - DIAMETER: 1.4" IN - WEIGHT: 75G

AVAILABLE IN:





A LASER LIGHT SHOW AWAKENING

The International Church of Cannabis
aims to elevate mental health.

By Addison Herron-Wheeler



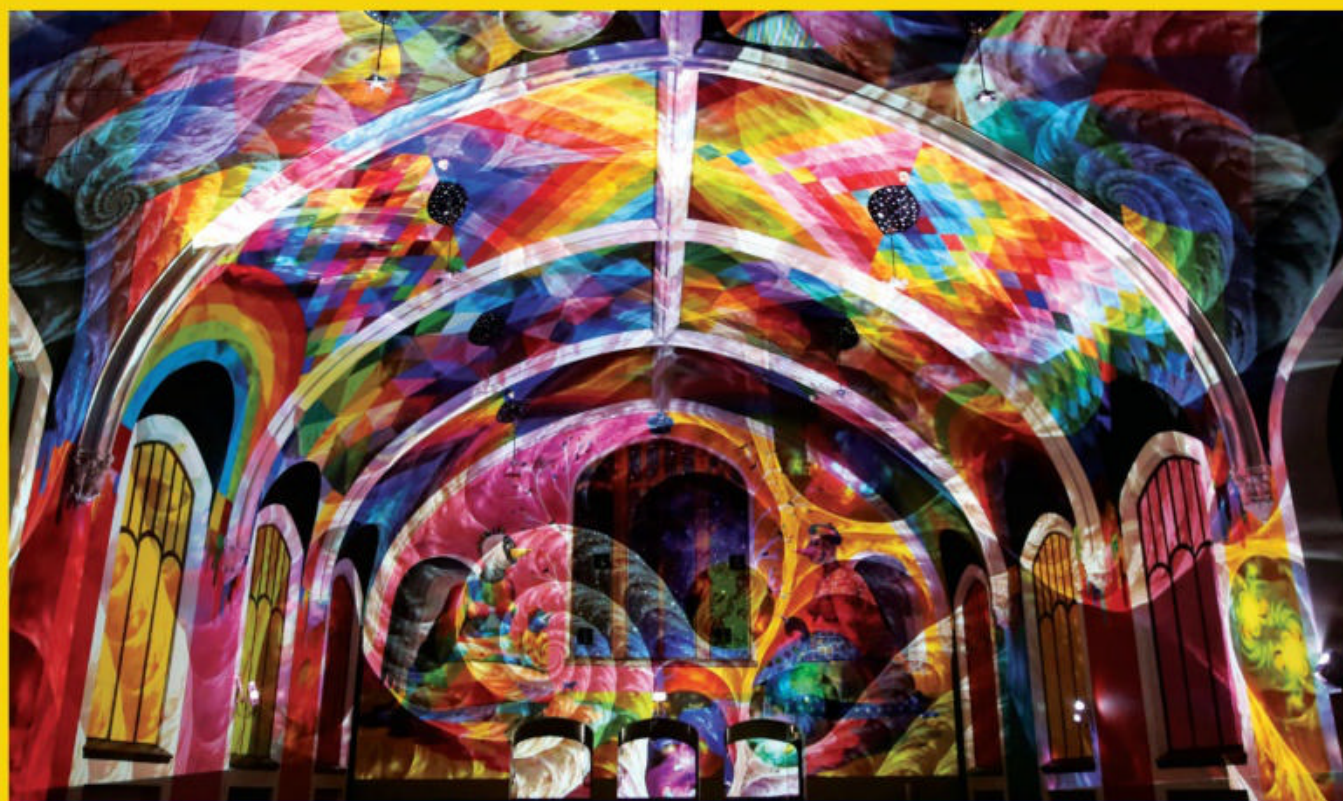
IT WAS A BRISK MARCH EVENING, AND I was in major crunch mode. Working for multiple magazines means multiple deadlines, uploads and editing blocks, often overlapping, making for a frustrating haze in my head. To top it off, I was getting ready to go on tour with my band and cramming all my work into an even more tight timeframe. Hunter S. Thompson's famous quote "When the going gets weird, the weird turn pro" doesn't even begin to describe how I was feeling. I was truly firing on all cylinders,

doing vocals, playing bass, then running back upstairs to write another story or edit something else, keeping an eye on the clock the entire time.

So, as excited as I was when I learned that my wonderful new editor had a special assignment for me—not only was I asked to interview the co-founder of the International Church of Cannabis, I was tasked to attend a laser light show—I was also a bit anxious about taking time out of my evening to check out an event in person.

Under normal circumstances, I would have been thrilled to go and explore this cool, old church just a few miles from my home in Denver, Colorado. I would have gone with a friend, made a night of it, and enjoyed even more pre-gaming and consumption before heading over. But that night, not in the best of spirits, I threw on my sweater, hopped in the car, and puffed my vape pen all the way through traffic until I reached the towering spires of the red brick church looming over Logan Street.

Once inside, I was hurried up a winding flight of stairs, and they let me know that I had only missed the speech about not consuming on-site. (Public consumption events are still on hold at the church post-COVID vaccine, but the open-to-all laser light shows that don't include public consumption are happening.) I was ushered into a pew like at any traditional church and took my seat, trying to calm my breathing as I settled into the oddly comfortable seat and looked around the dimly lit room at everyone else who was there for the ceremony. >>





I'm not claiming that what happened next was life-changing, but it sure as hell was worth taking an hour out of my schedule to check out a cool happening right down the street from my home. The lights dimmed, and stars took over the entirety of the gorgeous church interior. A calming voice talked us through how to meditate and relax during the experience, providing helpful tips to avoid negative thoughts, focus on breathing and enjoy the comfort and relaxation of the experience.

Next, we were treated to an array of lights, visuals from movies and classic rock music of all kinds, as we all either reclined, put our heads back, or stared straight ahead and just generally enjoyed the show. The gorgeous light bath was accompanied by scattered quotes that outline what the church stands for as the show defined "Elevationism," or letting go and being at peace with the universe without the dogmatic practice that usually accompanies religion.

"BEYOND" is an immersive light experience and guided meditation based on the principles of

Elevation," church co-founder Steve Berke said. "Elevationism is what we define as our 'religion,' and I would put 'religion' in quotes. Because when we applied to receive our status as a religious organization, we did something a little unprecedented. We did not claim that we were a sect of an existing religion, but we were a branch of all religions, and that was something unusual."

Berke said Elevationism is not a replacement for an existing faith.

"You can be an Elevationist Christian. You can be an Elevationist Buddhist. You can be an Elevationist atheist. We believe that cannabis can help you on your spiritual journey.

"Elevation is a path unique to the person and is one of self-discovery. We don't tell you which gods to believe in, which books to read. We don't pretend to have answers to any of life's great questions. There is no authoritarian structure. There is no leader of the church. Everyone's wellness and health is part of their own path of self-discovery." >>





Top Shelf
CULTIVATION



As the show continued, it alternated between bright lights that highlight the colors of the rainbow, the abstract aesthetic of the church, darkness with points of light representing stars and different images and visualizations, broken up with more music and wisdom. Nowhere in the ceremony is the viewer instructed to use cannabis or drugs, but drug imagery and phrasing suggest the situation might be, well, elevated if you were under the influence of your (safe and ethical) substance of choice. But you also don't necessarily need to be high to get the message.

"You don't need to consume cannabis to be an Elevationist," Berke said. "Now, we as an organization believe that cannabis can help you along your path. But that's a general statement and isn't necessarily reserved for everyone. Cannabis

doesn't necessarily help elevate every single Elevationist, but it is one thing that binds our community together. But you can absolutely be an Elevationist that does not consume cannabis. Or you could be an Elevationist that consumes cannabis once a year or an Elevationist that consumes cannabis once an evening. We don't tell you how much weed to smoke or when to smoke it. It's unique to the individual's journey."

Berke said some practitioners use mushrooms and other substances to elevate.

"We don't advocate for any other substances other than cannabis, but to some people, it's part of their spiritual journey to take mushrooms or ayahuasca, so we don't condemn it."

When pressed more about how the church itself provides healing medicinal benefits, Berke went into

the history of how it all got started. The building is more than a century old and was formerly a Lutheran church. It's located just southeast of downtown Denver.

Berke said he never intended to start a church but fell in love with cannabis culture when he attended Denver's 2015 *High Times* Cannabis Cup. His family was kind enough to buy him the space, which he decided to dedicate to his pursuit of cannabis and community. An online campaign to raise funds was successful and renovations began in 2016. Berke and his co-founders have struggled to finance the church itself and gain religious exemption status to keep it going. In both the cannabis and community aspects, the idea behind the church is to provide people with an experience of unity and togetherness. >>





SHANGO

ALWAYS INDOOR. ALWAYS FRESH.



SHANGO™

GoShango.com



NEVADA



CALIFORNIA



MICHIGAN



OREGON



MISSOURI



ARIZONA

THIS IS A MARIJUANA PRODUCT. FOR USE ONLY BY ADULTS 21 YEARS OF AGE AND OLDER OR BY QUALIFIED REGISTERED PATIENTS 18 YEARS OF AGE AND OLDER. NATIONAL POISON CONTROL CENTER 1-800-222-1222. DO NOT OPERATE A VEHICLE OR MACHINERY UNDER THE INFLUENCE OF MARIJUANA. GOVERNMENT WARNING: THIS PRODUCT CONTAINS CANNABIS, A SCHEDULED 1 CONTROLLED SUBSTANCE. KEEP OUT OF THE REACH OF CHILDREN AND ANIMALS. CANNABIS PRODUCTS MAY ONLY BE POSSESSED OR CONSUMED BY PERSONS 21 YEARS OF AGE OR OLDER UNLESS THE PERSON IS A QUALIFIED PATIENT. THE INTOXICATING EFFECTS OF CANNABIS PRODUCTS MAY BE DELAYED UP TO TWO HOURS. CANNABIS USE WHILE PREGNANT OR BREASTFEEDING MAY BE HARMFUL. CONSUMPTION OF CANNABIS PRODUCTS IMPAIRS YOUR ABILITY TO DRIVE AND OPERATE MACHINERY. PLEASE USE EXTREME CAUTION.



"This has been my labor to love, and it gives me great pleasure to know that we have not only a sustainable model for this church to exist, but that it is going to exist long after I die," Berke said. "The church is now going to hopefully be around forever because we have created something that people genuinely love. People love the 'BEYOND' experience, and that gives me great hope that this place is going to exist long after me."

As the experience came to a close, the lights turned back on briefly, and the voice I had started to refer to in my head as the "god voice" came back on, explaining that we could turn on our cell phones again, and the recording ban was over since the ceremony had concluded. The guide for the ceremony briefly spoke to the audience, letting us know to leave reviews, check out the gift shop and support the church. The folks enjoying it with me all added that they found the experience "awesome" and "amazing."

On my way out, I noticed local magazines, an LGBTQ flag, the gorgeous architecture of the old church building, and some really cool furniture in the gift shop that I later found out Berke bought and

donated to the church himself. Moving throughout the space, despite my base level of anxious energy, I felt only an atmosphere of love and unity, true community and connectedness.

The “BEYOND” experience, at least to me, was not a life-changing one, nor does it claim to be. After all, it is not a religion, not a dogma, or something that necessarily has to be enjoyed high, sober, or under the influence of psychedelics. The experience simply meets the viewer where they are, religious or atheist, high or sober, anxious or relaxed. Different people will inevitably get different things out of the experience depending on their level of elevation, life experience, relationship to pop culture and numerous other factors.

But despite that variation, one thing about the experience remains constant. It is full of a message of unity, health and healing for all those who choose to partake and elevate. As the news of the healing benefits of cannabis grows across the country, the message of Elevationism will continue to influence the masses, whether they realize it or not. **HT**

 elevationists.org

“WE DON’T TELL YOU WHICH GODS TO BELIEVE IN, WHICH BOOKS TO READ. WE DON’T PRETEND TO HAVE ANSWERS TO ANY OF LIFE’S GREAT QUESTIONS. THERE IS NO AUTHORITARIAN STRUCTURE. THERE IS NO LEADER OF THE CHURCH. EVERYONE’S WELLNESS AND HEALTH IS PART OF THEIR OWN PATH OF SELF-DISCOVERY.”

- STEVE BERKE





CHRISTINA P KNOWS THE SECRET TO DIRTY HUMOR

POPULAR STAND-UP COMEDIAN
AND PODCASTER

CHRISTINA PAZSITZKY

DISCUSSES HER NEW NETFLIX SPECIAL,
ACCIDENTALLY EATING EDIBLES AS A
THIRD-GRADER, AND THE IMPORTANCE OF
LIVING YOUR LIFE FOR YOU.

BY STEPHEN LADDIN

Comedian Christina Pazsitzky—known professionally as Christina P—is no stranger to the time management game. When we connect by phone, she’s juggling her obligations to her husband (fellow comedian, Tom Segura), her kids, the dogs, and her career—all of which require time, energy, and attention. Desiring some “mom” time, her son interrupts the beginning of the conversation, and Pazsitzky politely explains, “I have to do this interview. I’ll come talk to you, give me a half an hour.”

The interaction is just one example of how the co-host of the hugely successful podcast *Your Mom’s House*—which she hosts with Segura—is able to wear many hats and handle a variety of different responsibilities, all which can be managed with *time*. “Everything is planned, everything is on schedule, and you give everything time. You give marriage time. You give your children time, you give [your career] time. And then you give *yourself* time.”

With her new Netflix one-hour special *Mom Genes* released on May 8, Pazsitzky is particularly enthused to be speaking with *High Times*—having grown up in Los Angeles, where the magazine played a huge role developing San Fernando Valley culture. Over the course of our conversation, Pazsitzky reveals her strategies for maintaining balance between work and home life, her back-in-the-day affinity for White Widow, and why true happiness is linked to not giving a fuck and carving your own path.

Christina Pazsitzky: Can I just say for the record how stoked I am to be giving an interview to *High Times*? One of the first boys I was obsessed with in high school had an issue of *High Times* in his room and I thought he was the absolute coolest. He also had a VHS tape of *Howard Stern’s Butt Bongo Fiesta*. I was in love.

High Times: A guy having *High Times* magazine gave him a lot of street cred in your eyes at that time.

Of course. Also, [he] was forbidden fruit because it was my friend’s older brother. And you know, you can’t make out with your friend’s older brother—and we never did—but back then, this was the early ’90s when weed wasn’t legal. I remember thinking, “This guy is a real renegade. Pictures of weed? What?” It kind of blew my mind.

Amidst enjoying the company of your friend’s older brother—in a PG way—did you ever think the comedic path was something you’d embark upon?

I never thought in my wildest dreams I would have the career that I do now, mostly because the internet and podcasting never existed—though I knew I wanted to make a living somehow being myself. I also knew I loved jokes.

My parents were Hungarian, and every Sunday my dad would have these barbecue parties and all of the old Hungarians would

“ANYTHING WORTH DOING IS AWFUL. AWFUL AND AMAZING. JUST KNOW THAT WHEN YOU CHOOSE TO CREATE A PATH OR YOU CHOOSE A PATH THAT YOUR PARENTS WON’T APPROVE OF AND PEOPLE WILL TALK SHIT TO YOU—JUST KNOW THAT THAT PATH WILL BE HARDER. BUT IT’S SO WORTHWHILE.”

come around. Guys who were missing knuckles on their fingers—carpenters and hardcore blue-collar Eastern Europeans who would stand around and sling jokes. As a little girl, I was like, “Dude, there’s something magical in telling a joke.” These were heavy dudes who escaped a communist country, yet something powerful with humor was happening.

There were these joke books when I was a kid called *Truly Tasteless Jokes*, and I would memorize dead baby jokes, blonde jokes, Jew jokes—they were all categorized by race and were horribly inappropriate by today’s standards—and I would repeat those jokes at school in third grade. I didn’t even know what the racial stuff was—I had to ask my dad later—but I loved the timing and the power of knowing something that the grownups knew.

Hence my love for Howard Stern very early. I started listening to Howard because I worked at my dad’s shop—he was a forklift mechanic—and I started listening when I was 13 years old during the summer. To hear dirty humor—it was a secret of what the adults were talking about. Then when you get to an age when you start to understand it, it’s like, “I know the code, dude!”

It sounds like you had a fascination, curiosity, and understanding of comedy and how comedy can be a filament between you and the adult world.

I was also kind of a weirdo growing up. During recess, the kids would be playing and I would be laying across the monkey bars just kind of thinking about stuff. I think there was always an antisocial element to me—I was never a cheerleader, I was a goth—so I loved being on the outside. I just had to figure out how to put that into something creative.

Was there a moment that served as a jumping-off point where you realized comedy was something you could pursue rather than simply participate in?

What happened was, instead of getting funny in high school and in college, I turned goth, and I got real dark. But with comedy, it’s tragedy plus time, right? So I was horribly tragic. From the time I was 13 to 21, I wore black and stayed out of the sun. I was so fucking depressed.



I had a degree in philosophy when I graduated from school, which was so fucking useless, and when I was 22, I went to go work for this lovely man named Chris Abrego. Chris goes, "Christina, you're the worst employee I've ever had, but you're also the *funniest*. Have you thought about doing comedy? Go to The Groundlings." So I started at The Groundlings and was innately decent at comedy, but then thought to myself that I didn't want to pretend to be in a fucking donut shop. All of those years of brooding, I had *something to say*. I started stand-up at 23 or 26 and then I never looked back.

What gave you the confidence and the awareness to lean into yourself, not give a fuck, and do what you had to do to have the career you've had?

Anything worth doing is awful. Awful *and* amazing. Just know that when you choose to create a path or you choose a path that your parents won't approve of and people will talk shit to you—just know that *that* path will be harder. But it's so worthwhile. It is so much better in the long run, and that's mastery. It's 10 years. It's 10,000 hours. It's The Beatles going to Hamburg and playing in a dump until they get good. And that's the fun part. >>

Even when you're successful in stand-up, you have to keep at it. Everything requires work, so you have to figure out what you want to dedicate your energy to. Just make sure you really enjoy it. You're going to fail, you're going to succeed, you're going to fail—so you might as well pick something that fires you up. Looking back, I kind of unconsciously sabotaged myself. I failed *so* hard at everything else.

I got into law school and then dropped out after two weeks. I got into graduate school for philosophy and then I quit after a semester. I had 22 jobs in four years in every field I'd been remotely interested in and had either been fired or quit. So I tried everything and then disappointed my parents and fucked my life up so much that there was no going back. There were no exits. So it was either [comedy] or nothing.

Thank God I married Tom Segura because Tommy really pushed me and kept me on the path, and we both did it at the same time. I'm so thankful for him and he and I going through it together. Having a partner to be poor with—we were so poor when we got married, we had \$200. We were both broke-ass comics, but we were like, "Fuck it, we're going to do it. We're going to do this, dude, failure is not an option." When your back's against the wall, homie, you do it.

And thank God for pot, by the way. I know people don't call it "pot" anymore, but seriously, shout-out to White Widow in 2009 [laughs]. That bitch kept me creative when I was so full of anxiety. If I didn't have weed in '08 or '09, where would I be today?

Third grade was the first time I got high actually. I ate pot brownies by accident at a pool party. It was opening day at the '84 Olympics and I fell asleep, and when I woke up, my mom had made me all of these barbecue chicken wings. I was like, "These are the best wings ever, thank you!"

Did people know you were high?

This chick in our apartment complex brought pot brownies to the swimming pool party that everybody was at. I ate one and jumped in the pool. I ate two and jumped in the pool. I ate three—and by the third one, this lady was like, "Oh, you should tell your kid to stop eating those." It was the '80s, bro, it was the '80s. So my mom just took me home. I remember laying on the couch, I watched the opening ceremony to the '84 Olympics and then I guess I fell asleep. It wasn't traumatic at all. I guess it must have been an indica.

"WHEN I STARTED STAND-UP, NOBODY WANTED TO HEAR WOMEN. IT'S GUYS WITH THEIR ARMS FOLDED IN THE FRONT ROW, AND I COULD HAVE BEEN LIKE, 'WOE IS ME, THIS IS TERRIBLE,' BUT I WAS LIKE, 'FUCK YOU, I'M GOING TO MAKE THIS WORK.' JUST SING YOUR OWN SONG AND LET THEM COME ALONG, BRO. DON'T LET THEM TELL YOU WHO YOU ARE. YOU TELL THEM."

Is there any strain that currently helps you with your creativity or creative process?

I take CBD at night to calm me down—I love CBD. For weed, I'll take tinctures, and I'll get so high because I'm very impatient. I'll take a drop and be like, "Dude, nothing is happening." Then four hours later, I'm like, "Oh my God, I'm having a stroke!"

Someone at The Comedy Store gave me some super powerful liquid and I thought it was just CBD without anything in it. I was like drippity drop, here's another dose, and woke up at three in the morning like, "Tom, I'm having a stroke!" [Laughs] He's like, "Well, did you take anything?" And I was like, "Just this CBD I got from The Comedy Store." And he's like, "Babe, that's the most powerful stuff." So I tend to take CBD *without* THC in it, and that really, really helps.

Speaking of Tom, what was the formula for successfully maintaining your relationship with him *and* putting in the necessary time and energy into your career?

For the career, I studied people I admired and I studied their path. I was obsessed with Phyllis Diller, I was obsessed with this book called "The Magic of Believing," I was obsessed with Napoleon Hill, Tony Robbins, Deepak Chopra—you name it, I read it.

For Tom and I—and it sounds so obnoxious—it was never work for us. It's never been work. We're very compatible. I think comedy kept us together, a love for the same pursuit. The thing that kept us bonded was *Your Mom's House* because we were both on the road grinding the weeks out, but then once a week, we had to meet and do the [podcast]. In that thing that we did together, we'd recap each other's week and we found the lane that we both existed on, which was *Your Mom's House*. Maybe that's the thing—the glue. [Tom] and I are just wired similarly. >>



MAKE LIFE Sweeter

Huni
LABS

PEACH CRESCENDO
3RD PLACE
BEST INDICA CONCENTRATE
- High Times Cannabis Cup Nevada
Peoples Choice Edition 2021

@HUNILABS | HUNILABS.COM

KEEP OUT OF REACH OF CHILDREN. FOR USE ONLY BY ADULTS 21 YEARS OF AGE OR OLDER.
AETHER GARDENS (R0376/RP046)



ROVE

LYCHEE
INDICA

HIGH TIMES
CANNABIS CUP
2021
2ND PLACE WINNER
NEVADA

2ND PLACE
BEST INDICA
VAPE PEN
ROVEBRAND.COM



CHRISTIAN
PAZZ

I think that's the secret to a good relationship—find somebody whose priorities are similar and their wiring is similar. Like we're psychotic, dude. We'll do by any means necessary to get here, and we did.

It sounds like you guys understand and appreciate each other so you can help the other lean into who they are and who they need to be. One-hundred percent. I've always been someone who is driven and credit to Tom—I was with boys before who were such fucking losers that they would be like, "I can't be with you because you're this or that." I studied at Oxford and had a boyfriend who was like, "I can't be with you because you're too smart." I was like, "Fuck you, dude."

Tom is so special in that he's

you just have to really, really guard your time.

Motherhood is heavy, I'm not going to lie. It's so much responsibility, especially for me because my family life [growing up] was so wackadoodle. My mom was mentally ill and my parents divorced, so there's been a lot of stuff I've had to work through in therapy for a decade before I had kids. So like, yeah dog, it's heavy. Motherhood and parenthood is heavy and it should be a responsibility that you take seriously, and it's really important to not let it get you down.

In *Mom Genes*, my [latest] one-hour Netflix special, I wanted to make something to get out of the worldwide heaviness of COVID and even now with Russia blowing up Ukraine. Like, you must fight the

I talk about how I love the '80s because they were about resilience. I believe in resilience. Feelings are important, yes, and it's nice that we're honoring everybody's feelings, but now what? I think it's such an important thing as I raise my kids to be like, "Yeah dude, life is this, life can suck, things are hard. But guess what, mother fucker? You're gonna get up and you're gonna do it again!"

It's what I learned doing stand-up. You're gonna fail, things are hard, yes the world is bleak, but get the fuck up and do it again and get better and get stronger. Just keep going. Don't let this world get you down. Don't let anybody dictate how you go about in this world.

Pilot your own ship.

Yeah, bro! That's it, that's the secret.

"I TAKE CBD AT NIGHT TO CALM ME DOWN—I LOVE CBD. FOR WEED, I'LL TAKE TINCTURES, AND I'LL GET SO HIGH BECAUSE I'M VERY IMPATIENT. I'LL TAKE A DROP AND BE LIKE, 'DUDE, NOTHING IS HAPPENING.' THEN FOUR HOURS LATER, I'M LIKE, 'OH MY GOD, I'M HAVING A STROKE!'"

always wanted me to achieve and he's always helped and been behind that. That's a really secure human being.

It's funny, I know what makes Tommy laugh—he loves dicks. His humor is dick and balls stuff. But my humor is pooping. We're just children. It's such a great escape from being responsible adults.

How do you balance raising kids with having your career?

You really have to be deliberate with your time. When you're young, time—you just have it. You can sit around and read *High Times* and watch *Butt Bongo Fiesta*. And then you get married, you have kids and careers, and

fight and you must resist what the world wants you to think and feel. I think with social media, we're so bombarded by negative shit right now that we need to find places to laugh and be juvenile. Sing and dance and be stupid and be silly—this is your life.

Mom Genes isn't just about motherhood and stuff, it's meant to be silly and fun and an escape for people. I dressed very glamorously for this special for a reason—I wanted to be transcendent. I want people to watch and feel relief from this world for an hour.

So *Mom Genes* is meant to give people some fuel to endure and preserve.

Like I said, I'm happy people are discovering narratives that are false. I'll use women, for instance, because I am one. The whole thing on fat shaming or women are oppressed and this and that... When I started stand-up, nobody wanted to hear women. It's guys with their arms folded in the front row, and I could have been like, "Woe is me, this is terrible," but I was like, "Fuck you, I'm going to make this work." Just sing your own song and let them come along, bro. Don't let them tell you who you are. You tell *them*. **HT**

 [@thechristinap](https://www.thechristinap.com)
[christinaponline.com](https://www.christinaponline.com)

FAMILY



DRINK TO YOUR HEALTH

Cannabis beverage connoisseur **Jamie Evans** skips the alcohol with artful cannabis-infused drinks.

by Sharon Letts

IN CALIFORNIA, IT'S CALLED CALI SOBER, BUT ALL OVER THE WORLD PEOPLE ARE SWITCHING FROM ALCOHOL to cannabis-infused beverages, purposefully doing away with drunkenness, cognitive fumbling, and stumbling—and possibly that walk of shame the next morning—along with the hangovers. "Harm reduction" is the new buzzword for switching to weed, with people across the country choosing the plant over booze, stating it makes them better people, parents, and partners.

“When working with cannabis in a cocktail, don’t mask the flavor of cannabis, complement it.”

A Nose for Flavor

Wine specialist and sommelier turned cannabis beverage connoisseur, Jamie Evans, founded The Herb Somm in 2017. The blog and lifestyle brand hosts high-end, gourmet cannabis-infused dinners curated with wine and cannabis. Her first book, *The Ultimate Guide to CBD: Explore the World of Cannabidiol*, was released in 2020 and features recipes infused with CBD. Her second book, *Cannabis Drinks: Secrets to Crafting CBD and THC Beverages at Home*, was released in 2021.

“Cannabis drinks are a fantastic alternative to alcohol,” Evans said. “With the new low-dose options that are now available, these beverages can offer a similar experience to drinking one glass of wine or a beer, but

without the hangover. Market trends are also showing that more consumers are seeking alternatives to alcoholic beverages for health reasons, which has been driving new curious consumers to the cannabis drinks category.”

In 2021, Evans launched Herbacée, a cannabis-infused beverage company, “celebrating flower and vine.” Evans said the iconic wine regions of France inspired Herbacée. The non-alcoholic cannabis beverage blends phytocannabinoids (cannabinoids derived from plants), terpenes (aromatic compounds which contribute to taste and smell), tannins (a bitter, astringent compound found in things like wine), and terroir (characteristic tastes imparted by the natural environment).

“In researching cannabis, I came across many similarities between the plant and wine, including farming practices and sensory evaluation techniques,” Evans said. “Mixology is defined as the skill of mixing cocktails and other drinks, but at its core, it’s the extensive study of the art and craft of combining flavors.” >>

Cannabis Cocktails

With her new drinks guide, Evans offers recipes, tips, and tricks in making cannabis-infused craft cocktails, smoothies, lattes, and spirit-free mixed drinks at home. Basic infusions include making age-old bitters, honey, sour mix, simple syrups, and alcohol-based tinctures. Using a technique she calls “infused mixology,” the book teaches the basic building blocks of crafting marijuana mocktails.

“One of the most important things to making a good cocktail is balance,” Evans said. “As with all drinks, we must evaluate whether the drink is too sweet or too sour? Is it complex or simple? What’s the texture like? How can you make this drink more intriguing and palatable? Once you can achieve balance, you’ve created a good cocktail. Also, remember that every ingredient that goes into the beverage is meant to enhance the complexity, structure, mouthfeel, and backbone.”

The Future is Fluid

Evans is excited for more people to try their hand at making cannabis cocktails.

“I am enthusiastic about the future of cannabis cuisine, cannabis restaurants, and cannabis-infused beverage bars,” she said. “In my opinion, making your own infusions, such as cannabis-infused simple syrup or cannabis-infused bitters, is the best method to use since it allows you to customize the infusion based on your personal preferences.”

Cannabis infusions will also combine into drinks seamlessly versus using a commercially-made oil tincture. Evans said the only downside with making your own infusions is calculating the dosage. With homemade creations, the milligram count will never be as precise as using a professionally-made product.

If you don’t have time to create your own infusions, Evans suggests adding an alcohol or oil tincture to infuse drinks.

“Dosing in this way is easy when using a measured tincture or water-soluble formulations that have already been tested with protocols,” she said. “CBD isolates

using just one compound from the plant, cannabidiol, are another way to infuse a beverage. They are typically flavorless, odorless and are a fast and potent way to integrate CBD into your regime.”

Evans noted consumers can also utilize beverages already infused with THC or CBD right off the shelf, adding the pre-made infusions to their mocktails for another quick mix. She said the most important thing is to make sure everything used can be well blended, mixed, stirred, shaken, or muddled (mashing plants, such as mint or fruit in the bottom of a glass).

Evans said those interested in crafting their own cannabis cocktails can begin by making tasting notes for each ingredient and should not shy away from the herbaceous taste of weed.

“When working with cannabis in a cocktail, don’t mask the flavor of cannabis, complement it,” she said. “A lot of producers add a ton of sugar to drinks that cover the flavors of cannabis. Instead, if you focus on using terpene-inspired ingredients, they will play well with cannabis flavors and your drinks will taste delicious!” HT

 theherbsomm.com



aeriz

Greener grass.

Aeroponic cultivation uses a recyclable grow medium instead of soil. Aeroponic flower is bright, extremely flavorful, and more environmentally friendly than a traditional grow.



AERIZ.COM

Cannabis is legal under AZ law. Prohibited by federal law. 21+. Greens Goddess Products, Inc - 00000106DCQV00747138

@AERIZUSA

VERANO™

BETTER BADDER

Live Badder, extracted with butane for maximal terpene preservation and an optimal experience.

VERANO.COM



G WAGON
BHO LIVE
BADDER

GINGER RABBIT

Packed with nutrients, vitamins, and minerals, fresh carrot juice adds delicious flavors to drinks and can help improve your immune system, increase your metabolism, and help lower cholesterol. Carrot juice also pairs well with many other fruits, vegetables, roots, and herbs, making it a wonderful item to mix with. Introducing the ginger rabbit: Give this recipe a try when you're in need of some extra nutrients to help support your immune system or anytime you're in the mood for an incredibly refreshing drink!



GINGER RABBIT

Yield: 1 serving

Target Dose: 8 mg CBD | 2 mg THC per drink (using infused ginger simple syrup), or your preferred dose (using a commercially made CBD or THC tincture of your choice)

Equipment:

- Muddler
- Shaker tin
- Fine-mesh strainer
- Collins glass
- Bar spoon
- Reusable straw

Ingredients:

1 (1-inch or 2.5-cm) piece fresh ginger, peeled and sliced

2 ounces (60 ml) fresh-pressed apple juice

4 ounces (118 ml) fresh-pressed carrot juice

1 1/2 ounces (45 ml) fresh lemon juice

1/2 ounce (15 ml) infused ginger simple syrup

Ice

Splash of ginger beer

Carrot greens, edible flowers, and a slice of lemon for garnish

Directions:

1. Muddle the ginger and apple juice at the bottom of a shaker tin. Muddle well to extract as much ginger flavor as possible. Add the carrot juice, lemon juice, and infused ginger simple syrup. Add ice, cover, then shake for 15 seconds or until very cold.

2. Using a fine-mesh strainer, separate the solids from the liquids over a Collins glass filled three-quarters with fresh ice. Top with a splash of ginger beer, give it a good stir with a bar spoon, then garnish with a sprig of carrot greens, edible flowers, and a slice of lemon. This drink is best enjoyed with a reusable straw.

Note: When making spirit-free mixed drinks, it's best to stick with healthier options and avoid extra sugar. I always recommend using fresh-pressed juices over concentrates and to source seasonal ingredients so that you're working with the freshest produce possible. The same goes for ginger beer—the quality matters. I recommend using Q Ginger Beer because of its extra carbonation and spicy but not overly sweet flavor. Avoid using mixers that contain high fructose corn syrup or a ton of added sugar. These additives can drastically change the drink's profile. If you don't have the supplies to infuse the ginger simple syrup, simply substitute for regular simple syrup, then add your favorite unflavored tincture (at your preferred dose) into the shaker tin before muddling. Follow the directions as written.

INFUSED GINGER SIMPLE SYRUP

Yield: about 15 to 16 ounces (465 to 480 ml)

Target Dose: 16 mg CBD | 4 mg THC per ounce (using a flower infusion)

Equipment:

- Digital scale
- Peeler
- Measuring cups
- Measuring spoons
- Small saucepan
- Thermometer
- One 16-ounce (480-ml) sterilized Mason jar
- Cheesecloth
- Fine-mesh strainer

Ingredients:

3 grams decarboxylated flower of your choice

2 cups (480 ml) water

1 cup (340 g) honey

1 1/2 heaping tablespoons fresh ginger, peeled and sliced into pieces

1 tablespoon (15 ml) food-grade vegetable glycerin

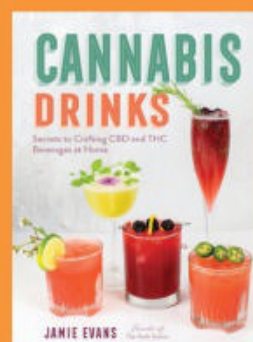
Directions:

1. Weigh out 3 grams of decarboxylated flower. Set aside.

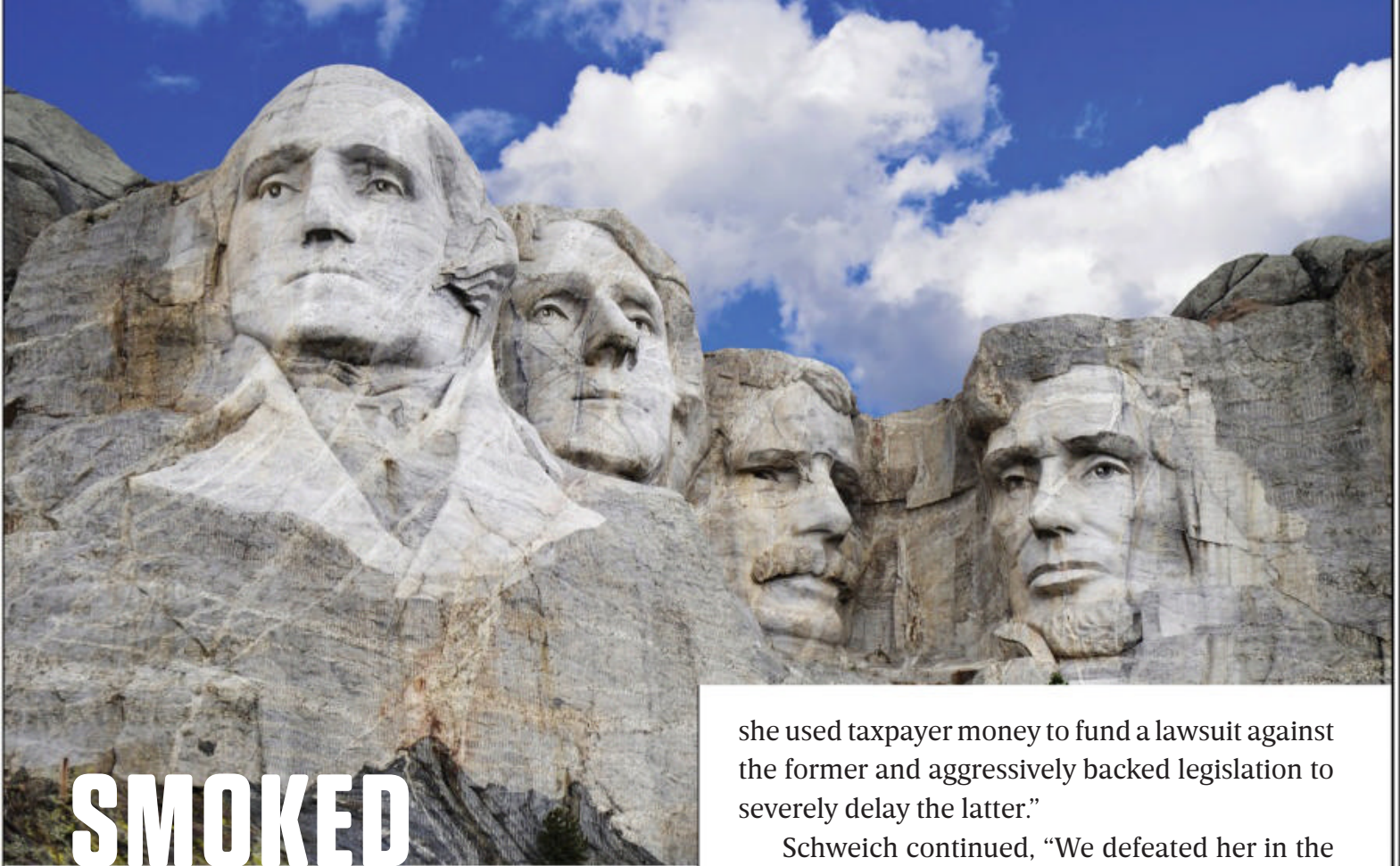
2. Combine the water, honey, and ginger in a small saucepan. Bring to a soft boil, stirring until the honey dissolves into the water. Reduce the heat to around 160°F to 180°F (71°C to 82°C) and add the decarboxylated cannabis.

3. Simmer over low heat for 50 minutes, stirring occasionally. Reduce the heat and add the vegetable glycerin—this will give the CBD (and THC) something to bind to. Continue to heat and stir for 10 minutes. Remove from the heat.

4. Pour the infused simple syrup into a 16-ounce (480-ml) Mason jar through cheesecloth placed in a fine-mesh strainer to remove the solids. Let cool and shake before serving.



Evans' book *Cannabis Drinks: Secrets to Crafting CBD and THC Beverages at Home* contains a wealth of knowledge regarding how to take the guesswork out of making quality homemade cannabis beverages. Above are two recipes from the book.



SMOKED OUT IN SOUTH DAKOTA

Adult-use cannabis reform efforts must wait until fall to get back into the action.

by Benjamin M. Adams

SOUTH DAKOTA ISN'T USUALLY ASSOCIATED AS A CANNABIS battleground, but this year, dozens of cannabis bills filed in the legislative session that ended on March 29. Cannabis advocates in the state, however, must wait until the next legislative session this fall before they have another shot at legalizing adult-use cannabis. Voters already approved adult-use two years ago, but several setbacks later, the fight is still on to move an undisputed bill across the finish line.

South Dakota voters approved adult-use with a constitutional amendment in November 2020. But the amendment was quickly struck down the following February, and again by the South Dakota Supreme Court on Nov. 24, 2021, after opponents claimed the initiative violated the state's single-subject rule.

Gov. Kristi Noem's office went even further saying that pro-cannabis advocates, South Dakotans for Better Marijuana Laws, should foot the bill for her own lawsuit that led to the law being struck down.

"Governor Noem has consistently disrespected the will of her constituents on cannabis policy," Matthew Schweich, campaign director for South Dakotans for Better Marijuana Laws told *High Times*. "After South Dakota voters approved recreational and medical cannabis ballot initiatives in 2020,

she used taxpayer money to fund a lawsuit against the former and aggressively backed legislation to severely delay the latter."

Schweich continued, "We defeated her in the legislature last year and protected the medical cannabis law. Unfortunately, the South Dakota Supreme Court issued a deeply flawed ruling and repealed the recreational law. But her actions are simply delaying the inevitable, as we will be putting a recreational cannabis legalization initiative back on the ballot this year and I am confident that we will win again."

A flurry of new cannabis bills were introduced recently. South Dakota's adult-use legalization proposal, Senate Bill 3, was approved by the South Dakota Senate in late February. Shortly after, however, the House State Affairs Committee voted against the proposal, thinning out almost any odds during the current session.

But at the last minute, 24 House members launched a last-minute attempt to revive the bill under a legislative maneuver appropriately called a "smoke out." Unfortunately, the last-minute plan didn't pan out. On March 3, the South Dakota House ultimately voted 28-40 not to schedule a bill to legalize cannabis for adult use—effectively killing it for the session. The House also defeated Senate Bill 150, which would have implemented initial rules, had adult-use legislation passed.

In addition, legislation to repeal some provisions from the state's medical cannabis bill were signed into law by Gov. Noem on March 18.

Senate Bill 3's primary sponsor is Republican State Sen. Michael Rohl, representing District 1 in South Dakota. The bill would have allowed adults ages 21 and older to purchase and possess up to one ounce of cannabis from approved retailers.

"The next step for advocates is to get informed on their representation, get involved in their communities, and advocate/vote for the ballot measure this fall," Rohl told *High Times*. "People will tell you that you alone can't make a difference; that you can't win, but they are wrong." >>



THE BABY-SITTERS CLUB
Gwyneth Paltrow babysat Cann co-founder.
p. 120



NO CBD PRESS FOR BILL
Former President Bill Clinton on CBD.
p. 124

 CitizenGrown X *Hashstoria*

CANNABIS BY THE PEOPLE FOR THE PEOPLE

"Our business model is one where cannabis can be grown in your community and sold in your community, by people in your community. It's one where a dollar created in your community can be a dollar kept in your community. And this will provide a brighter future for your community. By spreading the wealth amongst the many, instead of the few, we can all prosper together."

– *Raekwon the Chef*
The Wu-Tang Clan



Join our movement at
CitizenGrown.com

In addition, the same committee that voted against Senate Bill 1 advanced legislation that would repeal some of the state's medical cannabis provisions. Senate Bill 150 would nix language in existing state law that currently allows individuals without certification from the state's Department of Health to claim an affirmative defense if they are arrested for small amounts of cannabis.

Rohl explained that campaigning for legislative change, especially in South Dakota, is an uphill battle, but nothing he isn't willing to take a shot at.

"My journey started off with people telling me I wouldn't beat a long-time incumbent as a 'nobody'—I did," Rohl said. "Then I was told I couldn't save the medical program and it would be repealed and replaced to mirror Iowa's highly restrictive program, but I did save it. Then I was told I couldn't get an adult-use program through the interim summer study, but I did. Next I was told I would never get it through a Senate committee, but sure enough I did. After that it was a vote of the entire Senate, one of the

"The next step for advocates is to get informed on their representation, get involved in their communities, and advocate/vote for the ballot measure this fall. People will tell you that you alone can't make a difference; that you can't win—But they are wrong."

- Michael Rohl

most conservative state chambers in America, I was told 'you don't have a prayer of getting this passed,' and yet I did that too on an 18-17 vote. Then the majority of the House of Representatives didn't agree; leaving the choice to voters in November."

Rohl explained that the pace may not be the same in one state compared to another, but said advocates in South Dakota should not be deterred.

"Nobody is a nobody; everybody is capable of charting their own futures, and everybody can move a mountain if they get informed, get involved, and advocate/vote," Rohl said. "Outsiders may view it as a slow march... Those of us fighting on the front lines are moving mountains, and we'd love more help, because one straw will eventually break the camel's back, and it could be you."

People from out of state should observe caution in South Dakota. While medical cannabis is legal, the state is home to very harsh laws regarding concentrates. Any amount of concentrates, edibles or hash is a Class 4 felony and can lead to hard time. The potential there, however, is endless. **HT**

HIGH FIVE

FIVE VINTAGE WEED JAMS

Jazz throwbacks during the peak of the *Reefer Madness* era are a great place to start when looking for vintage cannabis songs.

by Benjamin M. Adams

1

REEFER MAN - CAB CALLOWAY

Originally titled *Have You Ever Met That Funny Reefer Man*, this song was written in 1932 by J. Russel Robinson, with lyrics by Andy Razaf, and recorded by Cab Calloway. As the song was written five years before the Marihuana Tax Act—reefer was still legal in almost all of America at the time. It was first recorded by Calloway, with several popular covers, including one by Big Bad Voodoo Daddy. Calloway lived a long life—long enough to appear in the 1980 *Saturday Night Live*-inspired film *The Blues Brothers*.

2

YOU'SE A VIPER - STUFF SMITH

In Harlem, New York, people started calling reefer smokers "vipers" in the 1920s and 1930s. "Viper culture" was centered on good jazz music and reefer. This classic B-side was first recorded by Stuff Smith and the Onyx Club Boys in 1936. It was released as the B-side to the song *After You've Gone*. The song was retitled again and again to correct the broken, casual English. Fats Waller's 1943 cover version mentions "Mighty Mezz"—referring to Milton Mezzrow, a Jewish saxophone and clarinet player who also is synonymous with viper culture as a famed marijuana supplier.

3

WHEN I GET LOW I GET HIGH - ELLA FITZGERALD

This song was recorded in April 1936 by Chick Webb and his orchestra, with stunning vocals on the chorus performed by

none other than Ella Fitzgerald. For the most part, Fitzgerald tried to cultivate a wholesome image, but she also was very street savvy in regards to the underground jazz community. In the 1930s, Fitzgerald sang about both reefer and cocaine, such as in *Wacky Dust*, also recorded with Webb. Fitzgerald went on to scoop up 13 Grammy Awards and an additional 20 nominations.

4

JACK, I'M MELLOW - TRIxie SMITH

This song was used relatively recently as the series theme song for *Disjointed* starring Kathy Bates. Originally recorded in November 1938, the song was included on *Reefer Blues: Volume One*, a compilation album of vintage blues songs, featuring some of the other tunes on this list. Louis Armstrong played the cornet on some of Trixie Smith's best known songs, and she was active during the vaudeville era. Smith's exact birthdate is not known, but she was born sometime between 1885 and 1895.

5

THAT CAT IS HIGH - THE INK SPOTS

That's one high cat... Here's one that will take you back in time. The Ink Spots originally released *That Cat is High*, written by J. Mayo Williams and The Ink Spots, and released it on the single *Oh! Red* in 1938. The Ink Spots were an American vocal jazz group that gained international stardom in the 1930s and 1940s. Their accessible vocal style is thought to have helped lead to doo-wop and modern R&B. The Ink Spots were finally inducted into the Rock & Roll Hall of Fame in 1989.

Devoted
to better.



**BOUNTIFUL
FARMS**

BOUNTIFULFARMS.CARE



LV
OG

LAS VEGAS ORIGINAL
PREMIUM CANNABIS
PRODUCTS



1ST PLACE SATIVA FLOWER
SUPER SOUR DIESEL

MATRIXNV

MATRIXNVM MJ.COM

KEEP OUT OF REACH OF CHILDREN.
FOR USE ONLY BY ADULTS 21 YEARS OF AGE AND OLDER.

THE BABY-SITTERS CLUB

It's hard to imagine a time when certain celebrities were teenagers with normal jobs. Sometimes we see glimpses of an old yearbook photo of them in their youth, and sometimes, we hear that an individual's past has led to a unique business partnership. Recent news trending in March put the spotlight on cannabis-infused drink company Cann co-founder Luke Anderson, who shared with the *New York Post* that actress

Gwyneth Paltrow was his babysitter when he was a kid. At first, as Anderson recalls Paltrow saying "Oh my God, you're that kid I used to babysit a lot!" when they reconnected in late 2020. However, even though they share a history, when Anderson initially asked Paltrow to invest in his business she said no. Anderson noted that Paltrow said "it was barely working" at the time, but later that year he spoke with her again, citing growth despite COVID-19 and eventually she became a Cann investor.

THE
WRONG
SHIRT
CAN RUIN
THINGS.



WHAT TO WEAR FOR A MIND TRIP

In a recent interview with men's designer fashion brand MR PORTER published on March 15, actor Jaden Smith (son of Will Smith and Jada Pinkett Smith) discussed his fashion brand MSFTSrep, which he co-founded with his sister Willow, and the psychedelic inspirations behind his newest line of clothing. "I believe that mushrooms are going to help us expand consciousness," he told MR PORTER of his new shroom-inspired clothing line. The line

is described as offering "graphic prints and roomy silhouettes," and includes a particularly vibrant pink and blue sweater with a swirling pattern that gives the illusion of movement. "Things slightly move. If you give something the feeling of motion, when you're on mushrooms and you look at it, your brain will finish the work and put it in motion so that you're like, 'Holy fuck! His pants are moving,'" Smith said. He also explained that this specific clothing line is made for wearing while you're under the influence, and he believes that "the wrong shirt can ruin things."



MEET HVY.



THE WORLD'S FIRST
SINGLE-STRAIN DISTILLED
CANNABIS TINCTURE

1,000 MG THC | 1,000 ML SINGLE-STRAIN ACAPULCO GOLD LIQUID TRICHOMES™

AVAILABLE AT SELECT CALIFORNIA DISPENSARIES LEARN MORE | [HEAVYHITTERS.CO/HVY](https://heavyhitters.co/hvy)



A DECREASE IN CANADIAN CANNABIS SALES

New data released by Statistics Canada in March shared that the country's retail cannabis sales fell to \$347.2 million Canadian dollars during January 2022. Sales in all provinces decreased, with the exception of Ontario (the country's largest cannabis market) which increased its sales figures by 7.6% between December 2021 and January 2022, and Saskatchewan, which collected a 1.5% increase during the same time period. Since September 2021, numerous provinces (including

Newfoundland and Labrador, Nova Scotia, Quebec, Manitoba, Alberta, and British Columbia) saw an up-and-down trend, with an increase into October, a decrease in sales in November, and then an increase again in December, followed by the aforementioned decrease in sales by January 2022. The most recent report for January 2022 data also shows the first mention of retail sales from dispensaries in Prince Edward Island and Yukon, which previously did not have data to report because it was "suppressed to meet the confidentiality requirements of the Statistics Act," according to Statistics Canada.

START SPREADING THE NEWS

New York's cannabis industry is gaining speed at a rapid pace, especially under the leadership of Gov. Kathy Hochul. On Feb. 22, Hochul signed a conditional cannabis cultivation bill into law, which created conditional adult-use cannabis licenses and allows hemp farmers to apply to grow crops in 2022. "I am proud to sign this bill, which positions New York's farmers to be the first to grow cannabis and jumpstart the safe, equitable and inclusive new industry we are building," Hochul said. "New York State will continue to lead the way in delivering on our commitment to bring

economic opportunity and growth to every New Yorker in every corner of our great state." The online portal for these applications opened on March 15. Additionally, Hochul also unveiled details about the state's Seeding Opportunity Initiative on March 10, which provides license applications eligible first to those who have been convicted of a cannabis crime. "The regulations advanced by the Cannabis Control Board today will prioritize local farmers and entrepreneurs, creating jobs and opportunity for communities that have been left out and left behind. I'm proud New York will be a national model for the safe, equitable and inclusive industry we are now building," Hochul said.



ON TOP OF THE WORLD

In a report released on March 2, cannabis data company BDSA estimated that the global cannabis industry sales will increase to \$35 billion in value—a 22% increase from estimated sales from 2021 (\$29 billion). On this trajectory, BDSA projects that global cannabis sales will reach up to \$61 billion by 2026. "Though most legal cannabis markets saw sales soften in the second half of 2021, the global cannabis market is expected to see brisk growth in 2022, driven by strong sales in new and emerging markets in the U.S., steady

growth in Canada and international markets lead by Mexico and Germany," Jessica Lukas, BDSA chief commercial officer, said through a press release. The report's five-year forecast states that in the U.S., legal cannabis sales will surpass \$28 billion in 2022 with California leading the charge. New York, New Jersey, Florida, and Michigan were also top contributors. Canada's recreational cannabis industry is also reaching new heights, with a projected revenue collection of \$4.7 billion this year, and up to \$6.3 billion by 2026. Abroad, countries such as Mexico and Germany are two of the largest contributors to cannabis sales internationally.

It's a roach clip

YOU KNOW WHAT TO DO



HARP



handmade in oakland, calif.
harp-designs.com
@harpdesigns





WATCH THE CHARGES DROP

The United States Sentencing Commission (USSC) released its “Annual Report 2021,” highlighting information about the trends in various drug-related offenses and convictions. The agency shared that of all major substances related to federal drug cases, the number of cannabis-related charges have continued to decrease. In 2021, there were only 996 people (897 male and 99 female) who received federal charges for violating cannabis laws, which is a slight decrease from the number of those affected in 2020. For comparison, there were almost 7,000 people charged in 2012. Overall, the

charges have continued to decrease every year since 2016. The USSC also produced a graph breaking down the “distribution of primary drug type in federal drug cases,” the highest percentages of which were methamphetamine (48%), powder cocaine (16.6%), and heroin (10.2%), with cannabis listed second-to-last with 5.7%, followed by “other” at 3.8%. NORML Deputy Director Paul Armentano shared in a NORML blog post. “Although Congress has failed to amend federal cannabis laws, clearly the attitudes and priorities of federal prosecutors have shifted in the era of state-level marijuana legalization,” Armentano said. “Now it’s time for federal lawmakers to codify these changes in priorities by descheduling marijuana.”



MOTA FOR MOTIVATION

A new study published in the *Experimental and Clinical Psychopharmacology* journal analyzed the behavior of college students, their cannabis use and how it affects their levels of motivation. Entitled “Effort-related decision making and cannabis use among college students,” the research study explored how regular cannabis use might affect goal-directed behavior. “The present study extends

these findings by examining the relation between cannabis use and effort-related decision making in a sample of college students,” researchers wrote. Researchers studied 47 college students (25 who use cannabis often, and 22 who do not consume at all), and found that student consumers were more likely “...to expend effort to obtain reward, even after controlling for the magnitude of the reward and the probability of reward receipt.” In the end they concluded that cannabis does not make you lazy. “There is a perception among the general public that cannabis leads to amotivation and diminished effortful behavior. Our results do not support the amotivational hypothesis but, instead, that cannabis use is associated with a greater likelihood of selecting high effort trials,” the study said.



NO CBD PRESS FOR BILL

In March 2022, a media report claimed that former President Bill Clinton said that there is evidence that cannabidiol can “combat pain” while he was attending the 10th Annual Lake Nona Impact Forum in Orlando, Florida, which was held between February 23-25. The event also hosted Dr. Sanjay Gupta, well-known for his positive documentaries and opinions on medical cannabis, chatting with Clinton on multiple topics. According to *Cannabis & Tech Today*, Clinton reportedly stated “I try not to answer any of those hype calls but I get more messages about CBD than any man alive. Go figure. There is some evidence that you can get CBD with a low-THC count that will combat pain. Some of these products have been tested more or less to FDA standards and some [haven’t been tested] not at all.” The article was temporarily taken down but later reposted, allegedly due to pressure from the Clinton press team.

ORIGINALS



Buy Homegrown

Family-owned and operated since 2006 and grown in-house
by a team with 100+ years of cultivation expertise.

Constantly in pursuit of perfection. Masters of our craft. The best is yet to come.



HIGH TIMES

exclusively distributed by HIGH TIMES Cannabis Markets in California

HOT PRODUCTS



IT'S YOUR BIRTHDAY!

birthjays.com

Why blow out candles during your big day when you can blow out joints? **Birthjays** are smokeable cake toppers for special occasions. This festive pre-rolled cone topped with a candlewick comes with a cake stake for placing it on any dessert. At that point, the party is ready to kick off and the festivities can begin. You might actually want to smoke the pre-roll before you eat the cake, however, to bring on the munchies and enhance your dessert's flavor. Unfortunately, you will need to add your own weed.

\$15.99 for a 5-pack



COLOR ME PINK

blazysusan.com

Light up your life with these bright pink joint crutches from Blazy Susan. The **Blazy Pink Perforated Rolling Filter Tips** will help improve the smoke flow of your joint in style. Blazy Susan, the maker of the smoker turntable version of the lazy susan, offers many pink-colored accessories for a complete pastel-hued smoking collection. Crutches save that last little bit of herb left at the end of a joint. What better way to save pot than in stylish pink?

**\$1.59 for a book of 50 filters or
\$30.60 for 25 books**





GLOW PRO

puffco.com

When settling on the right smart dab rig, quality matters if you want it to last. The **Indiglow Peak Pro** by Puffco is an accessory for concentrate-lovers at the height of the dab game, and one of the first smart rigs around. This glowing e-nail features a purple-to-blue color gradient that fades across the silicone base and the metal band. According to Puffco, the design of the glass was based on sacred geometry, a belief that specific shapes have holy meanings. With its warm glow, this Bluetooth app-compatible device is sure to help you get lit.

\$449.99



VIBIN' OUT

vibespapers.com

Who says you need the lights on when you're grinding up herb? Vibes collaborated with Glow Trays, the world's first illuminated rolling trays, to deliver a game-changing accessory, the **Vibes x Glow Tray**. No lights, no problem. Just flip on the switch on the Glow Tray and you're ready to roll, with enough light to see what you're doing. The rechargeable trays come in four colors with a multicolor LED light, designed for good vibes only. It's a great accessory to add to your secret, darkly lit refuge, away from the outside world and in your own zone.

\$75

CRIME, CANCER, AND COMMODITIES



What's the deal on legalization and crime?

- Blaze Diablo

At least one study focused on Washington and Oregon suggests that rape and theft dropped after the legalization of cannabis,

as did alcohol and hard drug use. Generally, a legal source can reduce opiate addiction, which usually correlates with property crime. Crime tends to drop near the Mexican border after legalization, for reasons we can only

guess. None of the effects are huge, and some studies show no effects, but the sky sure didn't fall the way prohibitionists said it would.

A friend with breast cancer could be using cannabis but has other friends badmouthing it. Can you help me out?

- Terrin M'hairout

Recent data suggest that over 40% of breast cancer patients use cannabis during treatment. Technically, it could interfere with some medications in a petri dish, but ill effects are extremely rare. Those who have nausea reactions claim that it helps them stick to their medication protocol, so there's a lot of potential for help.

What's the latest on marijuana and depression?

- M. T. Heart

Correlations between use and depression probably

stem from attempts at self-medication. One of my graduate students just gathered data showing that people in a sad mood tend to report any cannabis problems as more severe, so I think most of these links are a methodological accident. Nevertheless, it's not a treatment. Check out Rachel Hershenberg's book *Activating Happiness* or spend a few weeks with a good therapist. Psychologists are good with this one!

Is it me, or is cannabis advertising becoming reminiscent of other commodities?

- Karl Sparx

New research suggests that you're not alone. Over 1,200 posts on social media from cannabis companies used familiar themes we've all seen from advertising in the world of cigarettes like: "on the go," "relaxation," and "glamor." Capitalism eats itself. 

PHOTOS: SHUTTERSTOCK



www.drgreenthumb.com

Home of Ultimate Hash Plant, Endless Sky and Chemo OG
Other benchmark plants; Bubba Kush, Trainwreck, GG#4
The White, Headband, Blue Dream, OG Kush, White Fire
Chemdawg, Sour Diesel, Panama Red, Girl Scout Cookies

ALL OF OUR FEMINIZED SEEDS ARE GUARANTEED 100% FEMALE

New! - Whiplash OG Autoflower - New!

PURPOSE BRED FOR GROWTH UNDER LIGHTS
SAME GREAT OG TASTE AND SUPERIOR OG POTENCY
COMPARABLE YIELD TO 4' LONG-STEM OG IN A 2' STOCKY PLANT

For Start to Finish grow journals Google Dr. Gruber Grow Journals

FOR A CATALOG INCLUDING AT \$10 OFF COUPON, SEND \$5 TO;
CELTIC CULTURES, BOX 37007, OTTAWA, ONTARIO, K1V 0H9, CANADA
INFORMATION OR GARDEN SUPPORT CALL 613-330-2404

Free World-wide Shipping including U.S.A.
"best stealth shipping in the business"
Trusted Since 1996

Got a question for Dr. Mitch? Email him at 420research@gmail.com

Kwack™

Silicone Water Pipe

 PieceMaker™



BPA Free



LFGB Platinum
Cured Silicone



— Kap



— Stainless steel bowl
with integrated mesh

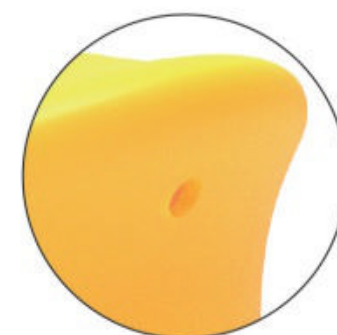


— Unbreakable stem

— **HEX-TEK™**
Engineered for more bubbles



Ductile mouth design



Ergonomic carb hole



12.4cm
4.8in



Weight:
195g / 7oz



Kwack - Yellow



Kwack - Kamo



Kwack - Green Glow



@PieceMakerGear



PieceMakerGear.com

DOPE RIDER

"I'LL NEVER FORGET THE DAY THAT GUN-SLINGER RODE INTO TOWN. SOME CALLED HIM THE TRIGGER FINGER OF DEATH, OTHERS THE PRINCE OF POP. I CALLED HIM OTIS, THE NAME I KNEW HIM BY WHEN WE WERE IN GRADE SCHOOL TOGETHER."

"HE WAS GUNNING FOR DOPE RIDER."

"HE FOUND HIM OUTSIDE THE YOGA STUDIO, A JOINT IN ONE HAND AND A COFFEE BEVERAGE IN THE OTHER."

"OTIS SHOT THE CUP RIGHT OUT OF HIS HAND. IT WAS A VENTI CARAMEL FRAPPUCCINO. AT OVER \$5 WITH TAX, THAT WAS NO SMALL MATTER."

"BUT DOPE RIDER DIDN'T GO FOR HIS GUNS. HE JUST BLEW OUT A LONG, SINUOUS, STREAM OF SMOKE."

"THE SMOKE COILED AROUND OTIS AND WHEN IT BLEW AWAY, IT TOOK PARTS OF HIM AWAY WITH IT. HE JUST COLLAPSED. I DON'T RECKON THERE WAS MUCH ELSE HE COULD DO."

"SOME ARTIST FELLA TOOK THEM PARTS AND MADE A SCULPTURE OUT OF THEM. THEY SET IT IN FRONT OF THE LIBRARY. IT DON'T MAKE MUCH SENSE TO ME, BUT WHAT DOES THESE DAYS?"

COME TO THINK OF IT, IT WAS EUGENE I RECALLED FROM SCHOOL, NOT OTIS. OTIS I KNEW FROM CUB SCOUTS.

WHY DIDN'T YOU EVER TELL ME THIS STORY?

TILL ED JUST TOLD IT, I'D NEVER HEARD IT MYSELF.

HALF OF THE LIES THEY TELL ABOUT HIM AREN'T EVEN TRUE.

PAUL KIRCHNER

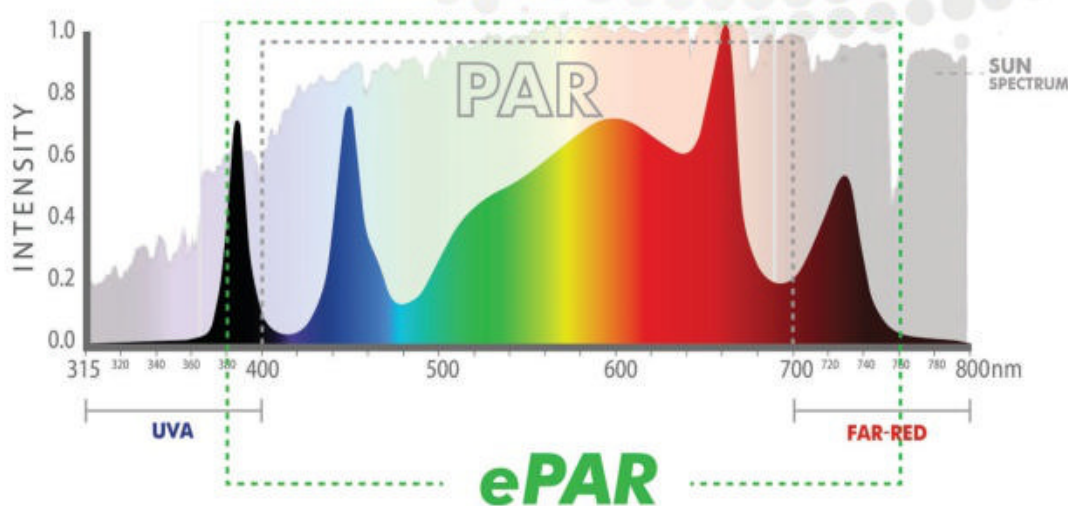
ILUMINAR™

**1st LED with built-in
UV & Far-Red in the Industry**



PUSHING PAST PAR

iLogic8
UV + FAR RED



iluminarlighting.com/illogic8

HT LEGAL DIRECTORY

LEADING NATIONAL CANNABIS LAW PRACTICES

BUCHANAN INGERSOLL & ROONEY PC
bipc.com

CULTIVA LAW PC
cultivalaw.com

DUANE MORRIS LLP
duanemorris.com

FOX ROTHSCHILD LLP
foxrothschild.com

HARRIS BRICKEN
harrisbricken.com

JD SUPRA LLC
jdsupra.com

POT BROTHERS AT LAW®
potbrothersatlaw.com

VICENTE SEDERBERG LLP
vicentesederberg.com

LOCAL REPRESENTATION

ARIZONA

TOM DEAN ATTORNEY FOR CANNABIS
14040 N. Cave Creek Rd.,
Office Suite 307
Phoenix, AZ 85022
(602) 635-4990
attorneyforcannabis.com

CALIFORNIA

MANZURI LAW/LAW OFFICES OF MEITAL MANZURI
8961 Sunset Blvd Penthouse
West Hollywood, CA 90069
(310) 912-2960
manzurilaw.com

COLORADO

DAVID RODMAN/THE

RODMAN GROUP LLC
600 S. Cherry St., Suite 835
Denver, CO 80246
(720) 663-0558
therodmanlawgroup.com

CONNECTICUT

NICHOLAS PAINDIRIS
2252 Main St
Glastonbury, CT 06033
(860) 659-0700
bpslawyers.com

FLORIDA

THE LAW OFFICES OF ROGER P. FOLEY, PA
1555 Palm Beach Lakes
Blvd., #1555
West Palm Beach, FL 33401
(561) 746-7076
rpfoley.com

KANSAS

THE LAW OFFICES OF CHRISTOPHER A. ROHR, PA
195 N Franklin Ave.
Colby, KS 67701
(785) 460-0555
rohr-law.com

MARYLAND

THE LAW OFFICE OF MICHAEL ROTHMAN
226 North Adams St.
Rockville, MD 20850
(301) 251-9660
mikerothman.com

MASSACHUSETTS

JOSEPH J. GOLDBERG-GIULIANO
1 Constitution Rd., 1 Consti-
tution Wharf, Ste. 320
Boston, MA 02129
(617) 858-1529
massdefenselaw.com

MICHIGAN

DENISE POLLICELLA/

POLLICELLA, PLLC
Howell Location
4312 E. Grand River Ave.
Howell, MI 48843
(517) 456-1181
cannabisattorneysofmichigan.com

CANNABIS COUNSEL/MATTHEW ABEL
2930 E Jefferson Ave.
Detroit, MI 48207
(313) 446-2235
cannabiscounsel.com

MISSOURI

DODSON & WATERS LAW OFFICES
212 Lafayette St.
Jefferson City, MO 65101
(573) 636-9200
dodsonwaters.com

NEW JERSEY

FRANK T. LUCIANO, PC
147 Main St., Suite 5
Lodi, New Jersey 07644
(973) 471-0004
ftluciano.com

NEW YORK

HILLER, PC
641 Lexington Ave.
New York, NY 10022
(212) 319-4000
hillerpc.com

OHIO

ICKES HOLT
4301 Darrow Rd., Suite 1100
Stow, OH 44224
(330) 673-9500
ickesholt.com

OKLAHOMA

SLFP LAW/SARAH LEE GOSSETT PARRISH PLLC
526 NW 30th St.
Oklahoma City, OK 73118
(405) 815-3434
sarahleegossettparrish.com

PENNSYLVANIA

CICCARELLI LAW OFFICES
304 N High St.
West Chester, PA 19380
(610) 692-8700
cicarelli.com

RHODE ISLAND

THE LAW OFFICES OF STEFANIE MURPHY, LLC
6 Wanton Shippee Rd.
East Greenwich, RI 02818
(401) 316-9423
samurphyllaw.com

SOUTH CAROLINA

PRUETT & COOK LAW FIRM, PC
202 North Petty St.
Gaffney, SC 29340
(864) 488-0120
pruettcooklaw.com

TEXAS

RICHARD Y. CHENG/WEAVER JOHNSTON NELSON
10440 N Central Express-
way, Suite 1400
Dallas, TX 75231
(214) 705-3515
weaverjohnston.com

WASHINGTON D.C.

KINNER & MCGOWAN PLLC
434 1/2 6th St. NE
Washington, D.C. 20002
(202) 838-7033
kinnermcgowan.com

WISCONSIN

KAEHNE & BARRETTE CRIMINAL DEFENSE FIRM
2808 Kohler Memorial Dr.,
Suite 7
Sheboygan, WA 53081
(920) 694-4150
kaehnebarrette.com

CANADA

TORKIN MANES LLP
151 Yonge St., Suite 1500
Toronto, ON M5C2W7
(416) 863-1188
torkinmanes.com



BEST BUD'S CBD DOG TREATS

MADE WITH BROAD SPECTRUM HEMP CBD

HEMP HEALING FOR ALL!



- ✓ STIMULATES APPETITE
- ✓ SOOTHES ITCHY SKIN
- ✓ EASES DIGESTIVE ISSUES
- ✓ PROVIDES HIP & JOINT SUPPORT
- ✓ REDUCES MUSCLE SPASMS
- ✓ PROMOTES HEALING
- ✓ RELIEVES INFLAMMATION & PAIN
- ✓ REDUCES ANXIETY & STRESS



MADE WITH 100% NATURAL INGREDIENTS YOUR DOGS WILL LOVE!

VISIT WHOISMARYPALMER.COM USE CODE "HIGHTIMES" FOR 15% OFF

 @WHOISMARYPALMER  @THEREALMARYPALMER  @WHOISMARYPALMER

"My mom had to break the law to get me life-saving cannabis medicine for my tumors. And the high cost of it almost made us lose our home but a good Samaritan helped us. You can be that person to families of sick kids like me. You can help bring smiles back to families by donating today."

Rylie

Activist, Law Changer &
High Times Female 50 Honoree

Text **RYLIE** to **243725** today.
A \$200 donation can help 4 families
start smiling again.



Rylie's Smile
FOUNDATION

RyliesSmileFoundation.org

Rylie's Smile Foundation is a 501c3 non profit focused on bringing the smiles back to sick children and their families by helping them achieve a better quality of life through providing education, assistance, advocating for more treatment options and supporting research of less toxic therapies.

Visiting Michigan?

Michigan's award winning provisioning center



PURE OPTIONS™
PRECISION CRAFTED CANNABIS



pureoptions.com

125 N Clippert St,
Lansing, MI 48912

HIGH TIMES



HEALTH &
WELLNESS